

## COUNSELING

<https://www.uvm.edu/cess/chdf/counseling>

### OVERVIEW

The mission of the Counseling Program at the University of Vermont is to prepare students to work as counseling professionals in culturally and socially diverse school, mental health, and community settings and to act as facilitators of personal and social change.

In the Counseling Program, students have the option to enroll in a 60-credit-hour School Counseling Program, a 60-credit-hour Clinical Mental Health Counseling program or a Dual Program option consisting of 76 credits. Program requirements include 700 hours of practicum and internship in a field setting for the clinical mental health and school counseling programs. Dual students need to complete both the clinical mental health and school counseling internship requirements.

The Clinical Mental Health and School Counseling programs of the UVM Counseling Program are accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP), the national accrediting body for counselor education programs.

The specific composition of a student's program, designed with the assistance of a faculty advisor, is based on university, college, and program requirements in accordance with licensure and accreditation standards. Learning experiences consist of a balance between theory and supervised practice.

In addition to the general application procedures, a resume and a group interview are required of each qualified applicant. For a more detailed description of the program visit the Graduate Counseling website, or contact:

University of Vermont  
Graduate Counseling Program  
101A Mann Hall  
208 Colchester Avenue  
Burlington, VT 05405-1757  
(802) 656-3888  
email: [cslgprog@uvm.edu](mailto:cslgprog@uvm.edu)

### DEGREES

Counseling AMP

Counseling M.S.

Counselor Education and Supervision Ph.D.

### FACULTY

**Elliott, Anna;** Associate Professor, Department of Counseling and Human Development; PHD, Idaho State University

**Hausheer, Robin;** Associate Professor, Department of Counseling, Human Development and Family Science; EDD, Boise State University

**Joshi, Aishwarya P.;** Assistant Professor, Department of Counseling, Human Development and Family Science; PHD, Idaho State University

**Okech, Jane E.;** Professor; Department of Counseling, Human Development and Family Science; PHD, Idaho State University

**Smith, Lance C.;** Associate Professor; Department of Counseling, Human Development and Family Science; PHD, Syracuse University

**Thacker Darrow, Nancy E.;** Assistant Professor, Department of Counseling, Human Development and Family Science; PHD, University of Tennessee

**Welkowitz, Julie A.;** Senior Lecturer; Department of Counseling, Human Development and Family Science; PHD, University of Vermont

### Courses

#### **CNSL 5990. Special Topics. 1-18 Credits.**

See Schedule of Courses for specific titles.

#### **CNSL 6000. Research Methods in Counseling. 3 Credits.**

This course is designed to assist counseling students in understanding research methods, qualitative and statistical analysis, needs assessment, and program evaluation relevant to the field of counseling. This course or an approved equivalent is required for Clinical Mental Health Counseling and School Counseling students.

#### **CNSL 6070. Counselors as Educators. 3 Credits.**

Provides students with knowledge and skills necessary for successful teaching. Students will demonstrate proficiency in 1) developing inclusive counseling curriculum units and lessons plans to support the social, emotional, academic, and career-readiness of K-12 youth, 2) individualizing instruction to meet cultural differences and individual needs, 3) evaluating curricular outcomes, and 4) managing classroom dynamics. Learning will be facilitated through assigned readings, lectures, discussions, demonstrations, and practice of skill, and requires a pre-practicum experience.

#### **CNSL 6097. Crisis, Trauma & Suicide Prev. 3 Credits.**

Covers current information, skills, and strategies for counseling interventions specific to suicide prevention, crises, disasters, and other trauma-causing events. Topics include triage, assessment and diagnosis, individual and community resiliency, emergency preparedness, multicultural considerations, interagency cooperation, and psychological first aid. Prerequisite: Graduate student.

#### **CNSL 6200. Dev. Perspectives in CNSLNG. 3 Credits.**

Survey of major theories of human development and application of theoretical concepts to self and others from a counseling perspective. This course is required for Clinical Mental Health Counseling and School Counseling students. Prerequisite: Counseling Graduate student or Instructor permission.

**CNSL 6360. Trauma, Crisis & Suicide Prev. 3 Credits.**

Current information, skills, and strategies for counseling interventions specific to suicide prevention, crises, disasters, and other trauma-causing events. Topics include triage, assessment and diagnosis, individual and community resiliency, emergency preparedness, multicultural considerations, interagency cooperation, and psychological first aid. Prerequisites: Graduate student, student in The Trauma Lens Certificate Program, or Instructor permission. Pre/Co-requisites: Graduate student, student in The Trauma Lens Certificate Program, or Instructor permission.

**CNSL 6400. Professional School Counseling. 3 Credits.**

Provides an exploration of the school counseling profession through the lens of a school counseling framework model. Topics include distinct roles and responsibilities of the Professional School Counselor as leader, advocate, collaborator, and consultant through direct and indirect service. This course is required for the School Counseling and Dual Option tracks of the Counseling program. Prerequisite: Counseling Graduate student or Instructor permission.

**CNSL 6410. Diagnosis in School Counseling. 1 Credit.**

This course reviews the presentation and etiology of child and adolescent and mental health disorders as included in the DSM-5. A comparison of the DSM to other categorization processes used within school environments is delineated. The emphasis will be on strength-based assessment that is culturally appropriate. Prerequisite: Counseling Graduate student or permission.

**CNSL 6420. Assessment in School CNSLNG. 1 Credit.**

Students will learn about common assessment tools and processes used in professional school counseling. Prerequisites: CNSL 6750.

**CNSL 6440. Modalities: Counsel Child & Ad. 3 Credits.**

This course provides a study of counseling practices for working with children and adolescents. Learning will be facilitated through assigned readings, lectures, discussions, demonstrations, and student practice of skill. This course is required for Clinical Mental Health Counseling and School Counseling students. Prerequisites: Counseling Graduate student and concurrent with internship or permission.

**CNSL 6450. Diagnosis in CMH Counseling. 1-3 Credits.**

Etiology and diagnosis of mental disorders in children, adolescents, and adults according to DMS. Includes intake, evaluation, treatment planning, and clinical documentation skills. Prerequisite: Counseling Graduate student or Instructor permission.

**CNSL 6500. Prof Issues in Counseling. 3 Credits.**

A seminar in which professional, ethical, and legal issues facing counselors in schools and mental health settings are addressed through reading, research, presentation, and discussion.

**CNSL 6520. Assessment in CMH Counseling. 1-3 Credits.**

Provides students with knowledge about common assessment tools and processes used in clinical mental health practice. Prerequisites: CNSL 6750, CNSL 6630.

**CNSL 6610. Practice of Mental Hlth Cnslng. 3 Credits.**

Introduction to issues, needs, models and sociopolitical factors present in community and private-practice mental health counseling, with an emphasis on prevention and wellness. Prerequisite: Counseling Graduate student or Instructor permission.

**CNSL 6630. Counseling Practicum. 3 Credits.**

Introductory supervised experience in counseling in a field setting. Includes 100 hours working as a counselor with a minimum of 40 direct service hours. Prerequisites: CNSL 6740, CNSL 6750.

**CNSL 6740. Counseling Theory & Practice. 3 Credits.**

Theoretical and practical approach to understanding the counseling process. Refinement of personal philosophy, theory of counseling, and implementation in practice.

**CNSL 6750. Foundational Counseling Skills. 3 Credits.**

Students learn and practice foundational counseling skills and techniques. Practice sessions are supervised by course instructor. Prerequisite: Counseling Graduate student. Pre/Co-requisite: CNSL 6740.

**CNSL 6760. Addictions Counseling. 3 Credits.**

Development and culturally responsive treatment of addictions, e.g., Motivational Interviewing, family systems, Cognitive Behavioral Therapy (CBT) techniques, recovery maintenance, and an integrative approach to treatment. Prerequisite: Counseling Graduate student or Instructor permission.

**CNSL 6770. Diversity & Intersectionality. 3 Credits.**

Designed to assist students in recognizing and acknowledging diversity in society, and developing the knowledge and skills to recognize, interrupt and redress inequity within their spheres of influence. Prerequisite: Counseling Graduate student or Instructor permission.

**CNSL 6810. Counsel/Career&Lifestyle Dev. 3 Credits.**

An exploration of the theories, assessment instruments, counseling techniques, and issues most relevant in counseling for career and lifestyle development. Prerequisites: CNSL 6750 or CNSL 6630.

**CNSL 6870. Therapeutic Psychopharmacology. 3 Credits.**

Introduction to neuroanatomy, neurophysiology, and pharmacology as they pertain to mental health counseling. Course also covers commonly prescribed medications, ethical issues and the referral process. Prerequisite: Counseling Graduate student or program permission.

**CNSL 6880. Family and Couples Counseling. 3 Credits.**

Theory and process of counseling with families and couples including family theory and family therapy orientations and intervention skills. Includes practice of counseling interventions. Prerequisites: CNSL 6750, CNSL 6630.

**CNSL 6920. Group Counseling Experience. 1 Credit.**

Encounter group experiences for prospective clinical mental health and school counselors providing increased awareness of self and models relating to others.

**CNSL 6930. Adv Group: Theory and Practice. 0 or 3 Credits.**

Group leadership skills are developed, practiced, and refined through in-class and laboratory experiences that focus on live group supervision, theory, feedback exchange, and ethical issues. Prerequisites: CNSL 6630 or CNSL 6750.

**CNSL 6990. Special Topics. 1-18 Credits.**

Special issues in counseling, administration and planning, social work or higher education not appropriate to content of existing courses. Courses reflect the social services orientation of the Department of Integrated Professional Studies.

**CNSL 6991. Counseling Internship. 1-18 Credits.**

A supervised experience in counseling in a field (school or mental health) setting. Prerequisites: CNSL 6630, CNSL 6750.

**CNSL 6993. Independent Study. 1-18 Credits.**

Individual work on a research problem selected by the student in consultation with a staff member. Prerequisite: Twelve hours in education and related areas; endorsement by a sponsoring faculty member.

**CNSL 7010. Doctoral Sem Current Topics. 1 Credit.**

Examines current topical and political issues in counseling, and how these issues affect the daily work of counselors and counselor educators in the profession.

**CNSL 7020. Professional Writing. 1 Credit.**

Provides an overview of different types of professional writing, including peer and non-peer reviewed publications, grant submissions (internal university and external grants), and conference proposals. Designed to de-mystify these processes and provide opportunities for students to practice these skills and further their professional repertoire.

**CNSL 7040. Diversity Equity in Cou Ed. 3 Credits.**

Assists students in developing a more critical understanding of intersectional equity issues related to the field of counseling so they can develop into effective social justice-oriented counselor educators. Interrogates the influence of subjugating discourses on the counseling practice, clinical supervision, and research, and how we might engage. Prerequisite: Counselor Education and Supervision Doctoral student.

**CNSL 7050. Leadership in Counselor Ed. 3 Credits.**

Students will become familiar with different models of leadership, their own strengths and weaknesses, and how to best work with others in leadership roles within counselor education and counseling. They will learn and apply leadership skills in a hands-on practical way. Prerequisite: Counselor Education & Supervision Doctoral student.

**CNSL 7060. Counseling Theory & Research. 3 Credits.**

Designed to assist students in developing a more critical understanding of the epistemological, ontological, and axiological assumptions that undergird counseling theory and research methodology. By gaining a more critical understanding, students will develop skills to decolonize the dominant paradigms within the discipline. Prerequisite: Counselor Education & Supervision Doctoral student.

**CNSL 7100. Professional Identity Counselor Ed. 1 Credit.**

Students examine their professional identity, roles, functions, and responsibilities related to educating counselors and counselor educators and supervisors; the responsibilities associated with professional gate keeping and student retention, mentoring and advising, equity centered and culturally responsive training, ethical and professional responsibilities of educators and their programs including strategies for success in the academy are examined. Prerequisite: Counselor Education & Supervision Doctoral student or Instructor permission.

**CNSL 7110. Pathway to the Professoriate. 1 Credit.**

Students examine the dynamics of the dissertation completion process, impediments to success and strategies for a successful dissertation completion process. The pathway to the professoriate is explored including market analysis, dynamics of interviews for tenure track and non-tenure track positions and strategies for preparation for the counselor ed job market and transition to the professoriate.

**CNSL 7200. Advanced Group and Supervision. 3 Credits.**

Examines modalities, theories, and approaches to group work, including understanding contemporary literature and research supporting evidence-based clinical practices and clinical supervision of group work. Also examines the impact of socio-cultural factors within the various group domains, between members and the leader, and among group members; and the supervisory dynamics of group work practice.

**CNSL 7210. Clinical Sup Theory & Practice. 3 Credits.**

Examines various modalities, theories, and approaches to clinical supervision, including understanding contemporary literature and research supporting evidence based clinical supervision practices. Explores the impact of socio-cultural factors within the supervisory relationship, the supervision triad (counselor/client/supervisor), and how attention to cultural implications can enhance the supervisory experience and outcomes.

**CNSL 7491. Doctoral Dissertation Research. 1-18 Credits.**

The dissertation is an original research project that provides an opportunity to demonstrate the ability to engage in independent supervised research. Twenty-one dissertation credit hours are required. Prerequisite: Successful completion of Comprehensive Examinations and Oral Dissertation proposal.

**CNSL 7800. Doctoral Counseling Practicum. 3 Credits.**

Provides the practicum student with an opportunity to refine and expand their counseling skills at a designated field site location and advance their knowledge of evidence-based practices. Doctoral practicum students will receive weekly group supervision by a Counseling Program faculty member and individual/triadic supervision by a field site supervisor. Prerequisite: Counselor Education & Supervision Doctoral student.

**CNSL 7990. Special Topics. 1-18 Credits.**

See Schedule of Courses for specific titles.

**CNSL 7991. Doctoral Internship. 1-18 Credits.**

Doctoral internship in 3 of 5 core areas of specialization to include: counseling, teaching, supervision, research and scholarship, and leadership and advocacy. Doctoral students must enroll in 2 separate internship courses, each consisting of 300 hours of applied work.