COUNSELING (COUN)

COUN 8006 SPECIAL STUDIES IN COUNSELING (1-6 credits)
This course is designed to allow candidates to pursue independent study of a topic under the direction and guidance of a faculty member. Topics studied and the nature of the learning activities are mutually agreed upon by the candidate and instructor. This course will prepare graduate (or undergraduate) candidates as dedicated practitioners, reflective scholars, and responsible citizens who can meet the challenges of their profession in a changing world. (Cross-listed with COUN 4000.)
Prerequisite(s)/Corequisite(s): Permission by the Department. Must be admitted to the Counseling Program. Not open to non-degree graduate students.

COUN 8010 INTRODUCTION TO COUNSELING (3 credits)
This is an exploratory course for students entering, or considering entering, the field of professional counseling. The focus is on: 1) the development of the profession of counseling, 2) your own professional and personal development as well as your understanding of what contributes to your development as an effective counselor, and 3) a general overview of specific requirements for successful completion of a master’s degree in Counseling at UNO.
Prerequisite(s)/Corequisite(s): Undergraduate Degree. Department permit required for non-degree seeking students (based on availability)

COUN 8016 MENTAL HEALTH IN SCHOOLS: RISK FACTORS AND INTERVENTIONS (3 credits)
This course explores the role that educators and school mental health professionals play in identifying the risk factors and warning signs of children and youth with mental health concerns. Students will understand the risk and protective factors at the individual, family, school, and community level as related to children and youth’s mental health. The course will provide an overview of externalizing and internalizing disorders as well as school-based and community-based treatments and interventions. (Cross-listed with COUN 4010, SPED 4010, SPED 8016).

COUN 8030 COUNSELING PRACTICES (3 credits)
The major purpose of Counseling 8030 is to assist students in skill development as noted in Ivey’s Intentional Interviewing and Counseling Model. Candidates practice, develop and improve counseling skills in an environment of professional and constructive criticism. Candidates will continue to develop counseling skills through additional coursework leading to practicum and internship experiences.
Prerequisite(s)/Corequisite(s): Open only to students admitted to the UNO Counseling Program; Department permission is required for students with non-degree status; and is based on availability.

COUN 8040 ETHICAL ISSUES FOR PROFESSIONAL COUNSELORS (3 credits)
This course examines the ethical, professional, and legal aspects of individual, couple and family counseling including liabilities incurred by the professional. The course addresses the appropriate ethical guidelines as stated by the American Counseling Association (ACA) code of ethics in a participatory format.
Prerequisite(s)/Corequisite(s): Open only to students admitted to the UNO Counseling Program; Department permission is required for students with non-degree status; and is based on availability.

COUN 8050 INTRODUCTION TO PROFESSIONAL SCHOOL COUNSELING (1 credit)
This is an exploratory course for candidates considering entering the field of professional school counseling. This introductory course is required for candidates majoring in counseling, with a concentration in school counseling. Selected issues underlying the school counseling profession are studied.
Prerequisite(s)/Corequisite(s): Admission to the Graduate College and/or the Counseling Department.

COUN 8100 RESEARCH PROJECT IN COUNSELING (1-3 credits)
Individual or group study and analysis of specific problems/issues in the field.
Prerequisite(s)/Corequisite(s): Admission to Counseling program and permission of instructor. Not open to non-degree students.

COUN 8110 HUMAN DEVELOPMENT AND PSYCHO-SOCIAL INTERVENTION STRATEGIES (3 credits)
This course is designed to examine theories of human development covering the lifespan of the individual and the psychosocial interventions appropriate to various phases of the lifespan. The course will emphasize human development as an interactive process involving individuals in a number of contexts; hence human diversity factors (racial ethnic groups, gender, sexual orientation) also will be considered.
Prerequisite(s)/Corequisite(s): Open only to students admitted to the UNO Counseling Program; Department permission is required for students with non-degree status; and is based on availability.

COUN 8150 STUDENT AND STUDENT PERSONNEL WORK IN HIGHER EDUCATION (3 credits)
An overview of the characteristics of college students and their interaction with campus environmental influences. The impact of student personnel work is considered as it affects personality growth, social development and career planning by college students.
Prerequisite(s)/Corequisite(s): Admission to Counseling program. Not open to non-degree graduate students.

COUN 8190 RESEARCH PROJECT IN COUNSELING (1-3 credits)
Research study on a problem in the area of guidance and counseling.
Prerequisite(s)/Corequisite(s): Admission to Counseling program and permission of instructor. Not open to non-degree graduate students.

COUN 8200 COUNSELING THEORIES (3 credits)
This course is designed to examine counseling theories and the historical and geographic influence on counseling theory development.
Prerequisite(s)/Corequisite(s): Open only to students admitted to the UNO Counseling Program. Not open to non-degree graduate students.

COUN 8210 ORGANIZATION & ADMINISTRATION OF SCHOOL COUNSELING PROGRAMS (3 credits)
The course introduces graduate candidates to an administrative systems approach to organizing comprehensive and developmental school counseling programs for all k-12 students. The American School Counselor Association’s (ASCA) National Model for School Counseling Programs provides the foundation for content. Topics include, but are not limited to, school counseling programs: Foundation, Delivery System, Management System, and Accountability domains. Special focus is also placed on developing educational leadership skills, advocacy for k-12 students, and bringing about positive systemic change. Teaching counselor candidates to effectively manage school counseling programs is an important part of our effort to prepare educational leaders.
Prerequisite(s)/Corequisite(s): Admission to UNO Counseling Dept. Not open to non-degree graduate students.

COUN 8220 COUNSELING PRACTICUM (3 credits)
This course is the first of the clinical application courses of counseling knowledge, techniques, and specialty areas in clinical mental health settings. Candidates practice, develop and improve counseling skills in an environment of professional constructive criticism.
Prerequisite(s)/Corequisite(s): Pre-Reqs: COUN 8010, COUN 8030, COUN 8040, COUN 8200, COUN 8280, COUN 8400, COUN 8516, COUN 8520, COUN 8920 Co-Reqs: COUN 8360, COUN 8610, COUN 8800 Registration Reqs: Attend Practicum Orientation; Dept Consent. Not open to non-degree graduate students.

COUN 8226 CAREER DEVELOPMENT AND LIFESTYLE (3 credits)
This course will serve as an introduction to the topics of career counseling and career development.
Prerequisite(s)/Corequisite(s): Admission to UNO Counseling as degree seeking student; Department permit for non-degree seeking student (based on availability)
COUN 8230 APPRAISAL TECHNIQUES IN COUNSELING (3 credits)
Appraisal Techniques in Counseling includes the history of individual appraisal, the major technical considerations governing assessments, and a survey of measurement devices in the cognitive and affective domains. The course will include uses and implications of standardized and non-standardized assessment devices. Additionally, this course will cover the responsible use and interpretation of ability, aptitude, interest, personality, and career development assessment tools. Whenever it is applicable, a strengths-based, positive psychology approach will be integrated and utilized throughout this course.
Prerequisite(s)/Corequisite(s): Admission to UNO Counseling Department as degree seeking student; Department permission for non-counseling/degree seeking student in UNO allied mental health discipline only (based on availability)

COUN 8250 INTERNSHIP: CLINICAL MENTAL HEALTH COUNSELING (3 credits)
This course is the first of the clinical applications of knowledge, techniques, and specialty areas in community settings. Students practice, develop, and improve counseling skills in an environment of professional constructive criticism. This course is required for all graduate students in counseling who meet the prerequisites.
Prerequisite(s)/Corequisite(s): COUN 8220 with grade of B or better; Department Permission. Not open to non-degree graduate students.

COUN 8260 ADVANCED INTERNSHIP: CLINICAL MENTAL HEALTH COUNSELING (3 credits)
Field experience in an approved agency program under the supervision of a licensed counselor and university instructor.
Prerequisite(s)/Corequisite(s): Completion of COUN 8250 with grade of B or higher. Not open to non-degree graduate students.

COUN 8270 GROUP TECHNIQUES (1 credit)
This course is intended to prepare students to effectively incorporate group principles appropriate to various counseling settings including schools, treatment centers, and agencies. This class includes a group experience.
Prerequisite(s)/Corequisite(s): Admission to graduate program in Counseling or permission of instructor. Not open to non-degree graduate students.

COUN 8280 CRISIS INTERVENTION STRATEGIES AND TECHNIQUES (3 credits)
This course will present approaches to crisis intervention which include definitions and characteristics of a crisis, a brief history of crisis intervention and associated theories/models and a practice of skills for intervention and crisis case management. Topics will include applied therapeutic counseling strategies in general casework and in crisis intervention cases, in particular, which describe actual techniques to alleviate the crisis.
Prerequisite(s)/Corequisite(s): Admission to UNO Counseling as degree seeking student; COUN 8030, COUN 8200, COUN 8040; Dept permission/graduate status as degree seeking student in allied mental/behavioral health (based on availability). Not open to non-degree graduate students.

COUN 8306 COUNSELING TECHNIQUES I (1 credit)
This course will present the counseling process, knowledge of beginning skills development and application of techniques related to a specific approach. Topics may include Adlerian counseling (specified in this syllabus), anger management, play therapy, solution focused, cognition, and other topics as needed. (Cross-listed with COUN 4300).
Prerequisite(s)/Corequisite(s): Admission to Counseling program. Not open to non-degree students; must take prior to practicum.

COUN 8316 COUNSELING TECHNIQUES II (1 credit)
This course will present the counseling process, knowledge of beginning skills development and application of techniques related to a specific approach. Topics may include Rational Emotive Behavior Therapy (REBT) (specified in the syllabus), anger management, play therapy, solution focused, cognition, and other topics as needed. (Cross-listed with COUN 4310)
Prerequisite(s)/Corequisite(s): Admission to Counseling program; must take prior to practicum. Not open to non-degree students.

COUN 8320 PRACTICUM FOR SCHOOL COUNSELORS (3 credits)
This course is the first of the clinical applications to provide the prospective school counselor with supervision in a school counseling setting. Candidates will continue to develop counseling skills and will become immersed in the work of a professional school counselor. Candidates practice, develop and improve counseling skills in an environment of professional and constructive criticism.
Prerequisite(s)/Corequisite(s): Instructor Consent; COUN 8030; COUN 8040; COUN 8200; COUN 8210; COUN 8280; COUN 8630; COUN 8650; COUN 8670; COUN 8700; COUN 8740; Grade of B or better in COUN 8030 and COUN 8040. Not open to non-degree graduate students.

COUN 8360 GROUP THEORY & TECHNIQUES (3 credits)
This course is intended to prepare students to effectively incorporate group principles appropriate to various counseling settings including schools, clinical mental health treatment facilities, and agencies. This class includes a group experience.
Prerequisite(s)/Corequisite(s): Admission as degree seeking student in UNO Counseling Dept; Pre-Reqs: COUN 8030, COUN 8040; Completion of Group Experience and Department permission. Not open to non-degree graduate students.

COUN 8370 GROUP COUNSELING: THEORY AND PRACTICE (2 credits)
A course designed primarily for counselors with a combination of theory and experiences necessary to the understanding of effective leadership skills involved in the group counseling process.
Prerequisite(s)/Corequisite(s): Counseling Major and COUN 8030 and COUN 8200. Not open to non-degree graduate students.

COUN 8400 ADVANCED THEORY AND TECHNIQUES IN COUNSELING (3 credits)
This course introduces students to the basic knowledge and skills necessary to understand and apply counseling techniques related to differential approaches to treatment. Topics may include Solution-Focused, Adlerian, Cognitive-Behavioral (CBT), Dialectical Behavioral (DBT), Motivational Interviewing, and other techniques as deemed to be relevant/appropriate.
Prerequisite(s)/Corequisite(s): Admission to UNO Counseling program; Pre-Reqs: COUN 8030; COUN 8200

COUN 8406 COUNSELING TECHNIQUES III (1 credit)
This course will assist candidates in developing more systematic integration of previously learned information and skills and the application to specific counseling situations related to various approaches. Topics may include Solution Focused Counseling - SFC (specified in the syllabus). Dialectical Behavioral Therapy, anger management, art therapy, play therapy, solution focused, cognition, and other topics as needed. (Cross-listed with COUN 4400)
Prerequisite(s)/Corequisite(s): Admission to Counseling program. Not open to non-degree students.

COUN 8430 INTERNSHIP IN SCHOOL COUNSELING (3 credits)
This course is the second of the clinical applications to provide the prospective school counselor with supervision in a school counseling setting. Candidates will continue to develop counseling skills and will become immersed in the work of a professional school counselor. Candidates practice, develop and improve counseling skills in an environment of professional and constructive criticism.
Prerequisite(s)/Corequisite(s): Pre-req: COUN 8330. Not open to non-degree graduate students.
COUN 8450 COLLEGE STUDENT PERSONNEL INTERNSHIP (1-6 credits)
This course is designed to provide practical work experience under supervision in various areas within student personnel services.
Prerequisite(s)/Corequisite(s): COUN 8030, COUN 8040, COUN 8006, COUN 8150, COUN 8360, COUN 8520

COUN 8460 ADVANCED INTERNSHIP IN SCHOOL COUNSELING (3-6 credits)
This course is the third of the clinical applications to provide the prospective school counselor with supervision in a school counseling setting. Candidates will continue to develop counseling skills and will become immersed in the work of a professional school counselor. Candidates practice, develop and improve counseling skills in an environment of professional and constructive criticism.
Prerequisite(s)/Corequisite(s): COUN 8330. Not open to non-degree graduate students.

COUN 8500 CONSULTATION IN PROFESSIONAL COUNSELING (2 credits)
Instruction in this course is founded upon commitment to the beliefs that individuals are valuable, responsible and capable, and that all human professionals should work to create the conditions in which people value themselves as human beings and behave accordingly. As reflective decision-makers, professionals value human potential and purposefully design policies, processes and programs that facilitate the realization of that potential. The counselor learns that consultation and collaboration are first and foremost helping relationships that have as their foundation the dignity and respect of individuals/groups involved. Consultation and collaboration are characterized as problem-solving processes that involve a variety of key decision points. A generic model is provided for students as a "cognitive map" upon which they can reflect when attempting to determine effective practice.
Prerequisite(s)/Corequisite(s): Admission to the Counseling Program. Not open to non-degree graduate students

COUN 8516 TREATMENT ISSUES IN CHEMICAL DEPENDENCY (3 credits)
This course addresses chemical dependency treatment issues including denial, minimization, relapse and its prevention, resistance, family dynamics, poly-substance abuse, co-occurring disorders, spirituality and the influence of self-help groups. The education will include the clinical treatment needs of individuals suffering from chemical dependency, taking into consideration diversity, gender, culture and lifestyle. (Cross-listed with COUN 4510, SOWK 4510, SOWK 8516).
Prerequisite(s)/Corequisite(s): Admission to counseling program or social work programs or permission of instructor. Not open to non-degree graduate students.

COUN 8520 COUNSELING MULTICULTURAL AND DIVERSE POPULATIONS (3 credits)
This course will make candidates more aware of the societal context in which counseling takes place and to help prepare candidates for work with persons who are members of populations which require special knowledge and skills of the counselor. Certain special populations will be considered in comparative detail as well as a general information which will emphasize acquiring broader understandings transferable to counseling with any special population.
Prerequisite(s)/Corequisite(s): Not open to non-degree graduate students.

COUN 8610 INTRODUCTION TO MARITAL AND FAMILY THERAPY (3 credits)
This course is the first of the clinical mental health applications to provide the prospective mental health counselor with instruction in marital and family therapy. Students will continue to develop counseling skills and will become immersed in the work of a professional counselor. Students practice, develop and improve marital and family counseling skills in an environment of professional and constructive peer feedback.
Prerequisite(s)/Corequisite(s): Admission to UNO Counseling program; COUN 8030, COUN 8200, COUN 8040. Not open to non-degree graduate students.

COUN 8620 SURVEY OF ISSUES IN SCHOOL COUNSELING (2 credits)
This course is designed to provide school counselors with information on topics that are current and relevant to secondary school settings. It will allow candidates and practicing counselors the opportunity to study and evaluate what activities school counselors are currently engaged in and consider strategies to deal with students and families.
Prerequisite(s)/Corequisite(s): Admission to counseling program. Not open to non-degree graduate students.

COUN 8630 FOUNDATIONS AND ISSUES IN SECONDARY COUNSELING (3 credits)
This course is designed to introduce the history, current ASCA (American School Counselor Association) model, and the role of a professional school counselor; and to provide information on and practice with topics that are current and relevant to secondary school settings.
Prerequisite(s)/Corequisite(s): Admission to UNO Counseling Dept. Not open to non-degree graduate students.

COUN 8650 ISSUES IN ELEMENTARY AND MIDDLE SCHOOL COUNSELING (3 credits)
This course is intended to prepare students to effectively implement an elementary and/or middle school counseling program. Candidates will develop awareness and skill sets through an overview of the unique issues, approaches, systems and practice of elementary and middle school counseling.
Prerequisite(s)/Corequisite(s): Admission to UNO Counseling Dept. Not open to non-degree graduate students.

COUN 8656 TRANSITION PLANNING (3 credits)
Curriculum oriented for teachers and related professionals to work with the career development and transition of individuals with disabilities within a multicultural and global society. Includes information for elementary through adulthood with emphasis on transition from high school to community living. (Cross-listed with SPED 4650 and SPED 8656)
Prerequisite(s)/Corequisite(s): EDUC 2510 or SPED 1500. Not open to non-degree graduate students.

COUN 8670 CAREER DEVELOPMENT POST-SECONDARY TRANSITIONS (3 credits)
This course is an introduction to career counseling and career development and post-secondary planning in P-12 schools. This course is required for all graduate students seeking a masters degree in counseling with a concentration in school counseling.
Prerequisite(s)/Corequisite(s): Admission to UNO Counseling Dept.

COUN 8686 MEDICAL AND PSYCHOSOCIAL ASPECTS OF ALCOHOL/DRUG USE AND ADDICTION (3 credits)
This course introduces students to substance abuse disorders and their impact on the individual, family, and society. It covers psychopharmacology, alcohol and drug interactions, drug classifications, theories of chemical dependency, various models of treatment, vulnerable populations, and ethical and legal issues. (Cross-listed with SOWK 4680, SOWK 8686, COUN 4680).
Prerequisite(s)/Corequisite(s): Admission to counseling program or social work program or permission of instructor.
COUN 8696 ASSESSMENT AND CASE MANAGEMENT IN SUBSTANCE ABUSE (3 credits)
This course focuses on assessment of clients and their environment, and diagnosis and referral for substance abuse treatment. Emphasis is given to assessment instruments, treatment levels, treatment planning, case management, and social justice. (Cross-listed with COUN 4690, SOWK 4690, SOWK 8696).
Prerequisite(s)/Corequisite(s): Admission to the Counseling program or by permission.

COUN 8700 CHILD AND ADOLESCENT COUNSELING (3 credits)
This course is an introduction to counseling children and adolescents and will examine the theories, techniques, professional settings, cultural, and ethical/legal issues associated with counseling children and adolescents in a diverse society. Although diagnosis of mental disorders will be discussed, the course is designed to build competencies in counseling children and adolescents, with specific attention to social, developmental, and behavioral issues across professional settings.
Prerequisite(s)/Corequisite(s): Admission to UNO Counseling Department; COUN 8030 or Department Permission. Not open to non-degree graduate students.

COUN 8740 SCHOOL COUNSELING GROUPS (3 credits)
This course is designed to provide the school counselor candidate with a focused study of small group counseling and enrichment programs in schools.
Prerequisite(s)/Corequisite(s): Instructor Consent; Documented completion of group experience. Not open to non-degree graduate students.

COUN 8750 SCHOOL COUNSELING GROUPS & ENRICHMENT PROGRAMS (2 credits)
This course is intended to prepare students to effectively incorporate small group design, implementation, and assessment as part of a school counseling program. Candidates will develop small group counseling skills and strategies for enrichment program development and delivery.
Prerequisite(s)/Corequisite(s): Counseling Major. COUN 8030 and COUN 8270 and COUN 8406 or permission. Not open to non-degree graduate students.

COUN 8756 MID-LIFE, CAREER CHANGE, PRERETIREMENT PLANNING (3 credits)
This course is designed to involve candidates in the exploration of the developmental tasks of mid-life, myths and realities related to career change as well as the implication of preretirement planning. Factual information, as well as model examination and evaluation are presented to aid the candidate in becoming better equipped to understand some of the forces which affect the well-being of middle aged persons as they prepare for the later years. (Cross-listed with GERO 4750 and GERO 8756)
Prerequisite(s)/Corequisite(s): Junior Standing, permission of instructor. Not open to non-degree graduate students.

COUN 8800 CLINICAL MENTAL HEALTH COUNSELING (3 credits)
This course is an introduction to the specialization of clinical mental health counseling. The course content examines the historical, philosophical, educational, ethical, and psychological concepts and foundations of clinical mental health counseling. Additionally, the course will explore key public and private professional settings and programs within the clinical mental health paradigm, professional advocacy and leadership, and the personal and professional skills and traits expected of professional counselors.
Prerequisite(s)/Corequisite(s): Not open to non-degree graduate students.

COUN 8920 TREATMENT PLANNING AND THE DSM (3 credits)
This course is designed to orient students to the stages of treatment planning and use of the DSM-5 as a part of the treatment process in mental health settings. The course will examine the stages of treatment planning and offer opportunities to integrate counseling theories into practice. Factors such as psychopathology/pharmacology, ethics, and human diversity will be considered.
Prerequisite(s)/Corequisite(s): Department Consent. Not open to non-degree graduate students.