

# COUNSELOR EDUCATION

Rossey Building, 5th Floor, Room 536  
201-200-3400

<http://www.njcu.edu/departments/counselor-education> (<http://www.njcu.edu/departments/counselor-education/>)

## Counseling Program

The Counseling Program prepares exemplary counselors who are caring, reflective and culturally sensitive. As counselors we empower individuals and families to make positive changes in their lives and resolve personal, educational, career, and relationship problems. Our program reflects the goals and needs of a highly diverse, multilingual, community of learners. We are committed to social justice advocacy to remove barriers to education and to promote equity and optimal development for all persons and groups in urban, suburban, and rural settings.

Counseling faculty and students identify with the counseling profession through the American Counseling Association (ACA) and its divisions such as the American School Counselor Association, the Association for Multicultural Development, and the Association for Specialists in Group Work. Qualified students may be invited to Chi Sigma Iota, Counseling Academic and Professional Honor Society International.

The Counseling Program offers:

- M.A. in Counseling, Clinical Mental Health Counseling option
- M.A. in Counseling, School Counseling option

Our program offers a blended format with 50% of our courses face-to-face (in-person) and 50% of our courses online (with a synchronous component). Courses are offered in the evenings from Monday to Thursday to accommodate the needs of our working students. Students have the option to enroll part-time or full-time.

Elective courses for:

- Licensed Associate Counselor (LAC), and Licensed Professional and Counselor (LPC)
- Licensed Clinical Alcohol and Drug Counselor (LCADC)
- Registered Play Therapist (RPT)

For more information about the Counseling Program, go to <http://www.njcu.edu/departments/counselor-education>. (<http://www.njcu.edu/departments/counselor-education/>)

For more information about the counseling profession, go to <http://www.counseling.org>. (<http://www.counseling.org>)

For more information about school counselors, go to <http://schoolcounselor.org>. (<http://schoolcounselor.org>)

## Counseling Programs Option

The Counseling program offers two options:

- The 60-credit Clinical Mental Health Counseling option
- The 60-credit School Counseling option

Our program offers face-to-face (in-person) courses in the evenings from Monday to Thursday to accommodate the needs of our working students. Students have options to enroll part-time or full-time.

## CACREP Standards

The Counseling program is accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). Common core courses integrate knowledge (content), skills (practice), and dispositions (personal awareness and development). The Code of Ethics of the American Counseling Association (ACA) and the ACA Multicultural Counseling Competencies and Standards are infused in all courses. Students achieve competencies in eight CACREP core areas:

- Professional Orientation and Ethical Practice
- Social and Cultural Diversity
- Human Growth and Development
- Career Development
- Helping Relationships
- Group Work
- Assessment
- Research and Program Evaluation

Programs may be revised in response to changes in requirements for certification, licensure, or accreditation. Prospective applicants and current graduate students should go to the Department of Counselor Education pages for updated program information.

## Admission Requirements

In addition to fulfilling the general graduate studies admission requirements in the NJCU graduate catalog, admission and matriculation requirements consist of:

- A baccalaureate degree with a minimum 3.0 cumulative GPA.
- 500-word essay, reflective of the candidate's personal counseling philosophy and counselor dispositions, including the candidate's future role as a counseling professional in an urban environment.
- 2 Recommendation Forms for Graduate Degree Program (*one must be academic such as from your former professor, and one letter must be professional such as from your work supervisor; excluding letter from family, friends, and co-workers*)
- Interview  
After a review of the candidate's credentials and a successful interview with the Graduate Counseling Committee, the candidate may be recommended either for matriculation or conditional admission.

Students must begin degree programs only in the Fall and Spring semesters. Conditionally admitted students must complete the first two classes with a successful grade in order to be approved for matriculation and continue in the program.

## Program Exit Requirements

In addition to general graduate studies requirements in the graduate catalog, completion of all requirements of the following options with a minimum 3.00 GPA:

- 60-credit School Counseling option, (for those students who began Fall 2023)
- 60-credit Clinical Mental Health Counseling option, (for those students beginning Fall 2023 term)

## Jean Georgiou, Chairperson

Associate Professor of Counselor Education

Thomas Edison State University, B.A.; Monmouth University, M.A.; Argosy University, Ed.D.

**Vaibhavee Agaskar***Associate Professor of Counselor Education*

University of Mumbai, B.A., M.A.; Oakland University, Ph.D.

**Elizabeth Meier Thornton (emeierthornton@njcu.edu)***Assistant Professor of Counselor Education*Moody Bible Institute, B.A., Denver Seminary, M.A.; University of the  
Cumberlands, Ph.D.**Victor Tuazon (vtuazon@njcu.edu)***Associate Professor of Counselor Education*James Madison University, B.S.; Regent University, M.A.; William & Mary,  
Ph.D.**Grace Wambu***Associate Professor of Counselor Education*

Kenyatta University, Kenya, B.Ed, M.Ed; Northern Illinois University, Ed.D.

Various discipline-specific concentrations that will prepare students for multiple fields of employment or areas of additional graduate study are noted below. Course requirements for each concentration are explained in detail. The requirements for graduation, in addition to completion of the major area, are listed on "Completing a Graduate Program (<https://catalog.njcu.edu/graduate/academic-requirements-policies-procedures/>)."

- Counseling—Clinical Mental Health Counseling Option, M.A. (<https://catalog.njcu.edu/graduate/education/counselor/counseling-ma-clinical-mental-health-option/>)
- Counseling—School Counseling Option, M.A. (<https://catalog.njcu.edu/graduate/education/counselor/counseling-ma-school-option/>)

## Counseling (COUN)

**COUN 601 Orientation to Professional Counseling and Ethics (3 Credits)**

This course provides an overview of the ethical and legal practices in the field of counseling. Particularly, ACA Code of Ethics, ASCA Ethical Standards, and ethical decision making models will be discussed in detail. In addition, the roles of professional counselors and counselor professional identity will also be addressed.

**COUN 603 Counseling and Developmental Psychology Across the Life Span (3 Credits)**

This course provides an understanding of the development needs of individuals in multicultural contexts through the lens of the counselor. Theories and concepts of cognitive, personality, and social development from conception through death are examined with an emphasis on wellness and optimal human development.

**Pre-Requisite(s):** COUN 601, 605, 607 and 608.

**COUN 604 Appraisal and Assessment in Counseling (3 Credits)**

This course provides an introduction to using assessment in the counseling process. Students learn to select, administer, score, and interpret assessments and use results in the case conceptualization and treatment planning process. Psychometric and statistical concepts are introduced with attention to ethical, social, and cultural factors in the appraisal.

**Pre-Requisite(s):** COUN 601, 603, 605, 607 and 608.

**COUN 605 Counseling Theories (3 Credits)**

This course provides a comprehensive study of the major counseling theories with emphasis on comparing and contrasting elements of each theory. A thorough understanding of theoretical approaches is considered a prerequisite to advanced study in the program. The class also focuses on developing a personal theoretical orientation.

**COUN 606 Research Methodology and Program Evaluation (3 Credits)**

This course provides a comprehensive study of research methodology and program evaluation in counseling. Students learn how to examine research literature, evaluate outcome studies, and design research projects in order to improve counseling and program effectiveness. Ethical and cultural issues in conducting research in counseling settings are addressed.

**COUN 607 Group Process (3 Credits)**

This course provides an introduction to group work. Students learn the foundation of forming a group, group leadership skills, process & content, ethical and cultural issues, and groups for special populations. Students will participate in their own group process for a minimum of 10 clock hours required by CACREP.

**COUN 608 Counseling Skills (3 Credits)**

This course focuses on the development of effective counseling and interviewing skills and techniques that are essential to the therapeutic relationship. Attention is given to the development of self-awareness and the counselor's impact on clients, as well as professional boundaries, ethical issues, and basic crisis intervention skills.

**COUN 609 Differential Diagnosis of Maladaptive Behavior (3 Credits)**

This course examines how psychopathologies affect children, adolescents, and adults focusing on emotional and behavioral disorders; history, etiology, and classification of psychopathologies; developmental, bioecological, and systems models; risk factors; ethical and legal issues. Emphasis is on the roles of communities, families, and culture and applying concepts to case studies.

**Pre-Requisite(s):** COUN 601, 603, 605, 607 and 608.

**COUN 610 Clinical Mental Health Counseling (3 Credits)**

This course provides an overview of the history and practice of mental health counseling and a examination of prevention, intervention, and referral services in community agencies. Ethical issues regarding managed health care, advocacy, public policy, service utilization, and program funding are addressed. Mental health counseling, and crisis intervention skills are introduced.

**Pre-Requisite(s):** COUN 601, 605, 607 and 608.

**COUN 613 Introduction to Sandtray Therapy (3 Credits)**

This course provides students with the introductory knowledge, skills, and experience of sandtray therapy. Students will learn the fundamental knowledge and necessary tools to start sandtray therapy, unique benefits of sandtray therapy, and therapeutic/facilitating skills for processing sandtray with clients.

**Prerequisites:** COUN 601, 605, 607, and 608

**COUN 616 Therapeutic Intervention Techniques: Consultation in Educational Settings (3 Credits)**

This course provides an overview of counseling, consultation, and referral skills in comprehensive school counseling programs. Developmental, ethical, legal, and cultural issues are addressed with an emphasis on the counselor as a leader, change agent, and advocate in urban schools. Data driven programs, accountability and student outcomes are examined.

**COUN 618 Integrated Hlth Care & EBPractices for Working with Children, Adolescent, and Transitional Age Youth (3 Credits)**

Lecture, Role-Play, Clinical Demonstration, Discussion (face-to-face and web-based) and Problem-Solving, Video-Recorded Instruction, Guest Speakers, Group Discussion, Playback of Video-Recorded Counseling Sessions, and Hands on Activities.

**Pre-Requisite(s):** COUN 601, 605, 607 and 608.

**COUN 627 Consultation and Management of Developmental School Counseling (3 Credits)**

This course provides advanced training in the delivery of comprehensive school counseling programs and interventions. Students will learn how to select, design, deliver, and evaluate school counseling programs and interventions from a theoretical and evidence-based perspective.

**Pre-Requisite(s):** COUN 601, 605, 607, 608 and 616.

**COUN 629 Multicultural Counseling (3 Credits)**

This course introduces counselor trainees and practicing counselors to issues related to working with a culturally diverse clientele. In this course, students discuss the sociopolitical issues related to cross-cultural counseling and gain knowledge of the theory and skills that are needed to be effective cross-cultural counselors.

**Pre-requisite(s):** COUN 601, 605, 607 and 608.

**COUN 631 Psychopharmacology (3 Credits)**

This is an introductory course in psychopharmacology in counseling. Agents to be covered include antidepressants, antipsychotics, anxiolytics (anti-anxiety agents), anticonvulsants, stimulants, narcotic analgesics (opiates), hallucinogens (psychedelics), sedatives and alcohol.

**Pre-requisite(s):** COUN 601, 605, 607, 608 and 609.

**COUN 632 Family and Couple Counseling (3 Credits)**

This course introduces the student to the historical development of family systems therapy, its concept and practice. Specific techniques and family/system assessment and intervention are discussed and practiced. Special problems of family therapy are considered. Other concerns include feminist and multicultural issues, AIDS counseling, and family therapy with stepfamilies.

**Pre-requisite(s):** COUN 601, 605, 607 and 608.

**COUN 636 Group Counseling Theory and Practice (3 Credits)**

This course focuses on students developing their own group leadership skills as needed in the clinical mental health and school settings. Students practice these skills in an experiential setting as group leaders. Clinical, ethical, and cultural dilemmas facing counselors of various counseling groups are explored and processed.

**Prerequisite(s):** COUN 601, 605, 607 and 608

**COUN 640 Counseling Children and Adolescents (3 Credits)**

This course provides a comprehensive study of the history, theory, and practice of counseling children and adolescents. Individual counseling skills and experience techniques are emphasized in counseling children with a range of emotional and behavioral problems. Clinical, developmental, ethical, and cultural issues are examined in case studies.

**Pre-Requisite(s):** COUN 601, 605, 607 and 608.

**COUN 642 Play Therapy (3 Credits)**

This course provides an overview of history, theories, and applications of play therapy. Play material and toys are introduced and integrated into ethical and culturally sensitive counseling practice. Students will practice basic play therapy skills through watching videos, role playing, and conducting mock sessions.

**COUN 644 Parent-Child Centered Play Therapy (3 Credits)**

This course provides a comprehensive study of filial therapy. Students develop advanced child centered filial therapy and play therapy skills, and learn to work with a child's system to facilitate relational and systemic change. Ethical, cultural, and clinical issues in parent child play therapy are examined.

**Pre-Requisite(s):** COUN 601, 605, 607, 608 and 642

**COUN 650 Foundations of Addictions Counseling (3 Credits)**

This course provides an introductory level survey of the assessment, prevention, diagnosis, and treatment of alcohol and substance use-related problems. The effects of substances and addiction on the individual, family, and society are presented. Basic knowledge and attitudes prerequisite to developing competency in addiction counseling are emphasized.

**Pre-Requisite(s):** COUN 601, 605, 607 and 608.

**COUN 652 Assessment, Treatment Planning, and Interventions in Addictions Counseling (3 Credits)**

This course surveys the methods, interventions, and treatment paradigms currently employed in the counseling of children, adolescents, and their families with alcohol and/or substance abuse-related problems. A therapeutic skills approach to clinical assessment, treatment planning, counseling strategies implementation and techniques.

**Pre-Requisite(s):** COUN 601, 605, 607, and 608.

**COUN 654 Addictions Prevention and Intervention Programs and Resources (3 Credits)**

This course addresses the needs of counselors, community and school professionals responsible for the coordination of substance awareness and prevention activities. Issues in education, prevention, community resources and programs, and intervention are emphasized in this course. Specific prevention programs and community resources and techniques for children, adolescents and adults will be addressed.

**Pre-Requisite(s):** COUN 601, 605, 607, and 608.

**COUN 658 Addictions Counseling: Family Systems Assessment and Treatment (3 Credits)**

This course provides a skills approach to clinical assessment, treatment planning, and family counseling strategies for alcohol/drugs and other addictions impacting families and family systems.

**Prerequisites:** COUN 601, 605, 607, 608 and 650

**COUN 663 Career Counseling and Development (3 Credits)**

This course provides an overview of career counseling and development across the lifespan. Theories of career choice, career commitment, and life-course development are applied to research and practice in career counseling. Skills are developed in administering and interpreting career assessments and technology resources in a culturally appropriate and ethical manner.

**Prerequisites:** COUN 601, 605, 607 and 608

**COUN 665 College and Other Postsecondary Career Counseling for School Counselors (3 Credits)**

This course addresses counseling for college planning and other post-secondary career options. It focuses on two primary areas school counselors engage in: college and career readiness and preparation, and career development and planning for other post-secondary options. Content will be covered that will provide knowledge about career and college readiness, college admission, career and technical education, and the role of the school counselor in career development. Knowledge of interactive internet career programs, development of programs of study for grades K-12, and effective strategies for helping students complete college applications will also be covered. Fieldwork is also included with visits to a college admissions office, community colleges, career and technical education programs, and National Association for College Counseling (NACAC).

**Pre-Requisite(s):** COUN 616 and COUN 627

**COUN 680 Advanced Counseling Techniques (3 Credits)**

This course provides students with an in-depth study of advanced counseling techniques with an emphasis on developing their own proficiency. Students will learn theoretical perspectives, fundamental benefits, and common factors facilitating change in counseling. Through experiential components, students are given opportunity to practice techniques while applying cultural sensitivity and ethical values.

**Pre-Requisite(s):** COUN 601, 605, 607, and 608.

**COUN 686 Case Conceptualization and Treatment Planning in Counseling (3 Credits)**

This course provides advanced study in case conceptualization and evidence-based treatment planning in counseling. Clinical, cultural, systemic, and, ethical issues are examined through case studies. Crisis intervention, trauma treatment, and psychopharmacological interventions are addressed.

**Pre-Requisite(s):** COUN 601, 605, 607, 608 and 609

**COUN 690 Practicum in Counseling (3 Credits)**

This course involves supervised application of counseling processes with clients. Students will be provided with an opportunity to observe and practice the roles and responsibilities inherent in the work of counselors at either school or clinical mental health setting. The class time includes weekly small group supervision.

**Pre-Requisite(s):** Completed and approved practicum application and permission of the Coordinator.

**COUN 694 Internship I (3 Credits)**

Internship I is a 300-hour counseling internship in a counseling setting. The requirements include 120 direct service and 180 indirect service clock hours including video-recorded individual counseling and group counseling, consultation, and assessment. Individual on-site and university group supervision provide continuous feedback and evaluation of counseling skills and performance.

**Pre-requisite(s):** COUN 690 and Permission of Coordinator.

**COUN 695 Internship II (3 Credits)**

Internship II is a 300-hour advanced counseling internship in a counseling setting. The requirement includes 120 direct service and 180 indirect service clock hours including video-recorded individual and group counseling, consultation, and assessment. Individual on-site and university group supervision provide continuous feedback and evaluation of counseling skills and performance.

**Pre-requisite(s):** COUN 694 and Permission of Coordinator.

**COUN 698 Disaster, Trauma, and Crisis Counseling (3 Credits)**

This course provides foundation and skills counselors need to respond effectively in various crises and disasters including psychological first aid, crisis intervention, and disaster mental health. Ethical and cultural considerations as well as counseling options are examined in treatment of posttraumatic stress, suicide, abuse, sudden loss, and mass trauma.

**Pre-requisite(s):** COUN 601, 605, 607 and 608.

**COUN 699 Counseling Supervision (3 Credits)**

This course provides an intensive study and practice of counseling supervision. Emphasis is on the assimilation and application of major theoretical/conceptual models, ethical and cultural considerations, and supervision issues in mental health, agency, school, and university settings. Advanced students will apply their skills by providing individual or triadic supervision to practicum supervisees. Supervision sessions will be video recorded and reviewed by the instructor and student to improve supervision skills. Course Pre-Requisite(s): COUN 694.

**Pre-Requisite(s):** Permission of the Chairperson

**COUN 700 Internship III in Counseling (3 Credits)**

Internship is a field experience reflecting the comprehensive work experience of a professional counselor. Students complete 300 hours of direct and indirect services including video-recorded individual counseling and group counseling, consultation, and assessment. Individual on-site and university group supervision provide continuous feedback and evaluation of counseling skills and dispositions.

**Pre-Requisite(s):** COUN 695 and Permission of Coordinator

**COUN 701 Internship IV in Counseling (3 Credits)**

Internship IV is an advanced field experience reflecting the work experience of a counselor. Students complete 300 hours of direct and indirect services including video-recorded individual counseling and group counseling, consultation, and assessment. Individual on-site and university group supervision provide continuous feedback and evaluation of counseling skills and dispositions.

**Pre-Requisite(s):** COUN 700 and Permission of Coordinator

**COUN 703 Independent Study In Counseling (3 Credits)**

This is a specialization and research course. Prerequisite: Matriculation and membership in the School Psychology Program.

**Pre-requisite(s):** Permission of Chairperson.