

College of Education

M.Ed. – COUNSELING AND GUIDANCE

School Counseling and Community Counseling



The Counseling and Guidance Program prepares qualified counselors who can work with diverse populations and settings. The program promotes the development and application of counseling and research skills applicable to the role of the school and professional counselor. The program also focuses on personal growth, the development of ethical behavior and professionalism, and a commitment to provide the best possible education in counseling services to graduate students.

ADMISSION REQUIREMENTS

Evidence of academic achievement and potential for advanced study and research is required for graduate admission. Specific criteria for unconditional admission for master's degree in counseling and guidance are:

- Undergraduate GPA of 3.0, or over 3.0 in the last 60 hours of undergraduate study
- Applicants whose undergraduate GPA in the last 60 credit hours is less than 3.0 must submit official Graduate Record examination (GRE) scores above 150 Verbal, 141 Quantitative, and 4.0 Analytical
- Curriculum Vita or Resume

Applicants who do not meet the above criteria may be considered for Conditional admission. Up to 10 percent of total applicants can be admitted Conditional, with the approval of the college dean.

ORAL INTERVIEW

Students are required to participate in an oral interview, after completion of or during the semester they are completing COUN 6301, COUN 6310 and COUN 6313. The oral interview must be taken after completion of six hours of coursework. The interview is an evaluative and diagnostic activity conducted by program faculty to assess student work and progress in the program. Interviews are held each fall and spring semester. Students will not be allowed to enroll the following semester if they do not successfully complete the oral interview.

The curriculum of the program is for the preparation of school counselors and meets criteria of the Texas State Board for Educator Certification for endorsement of a school counselor. The program also provides additional coursework and experiences required prior to an individual applying for

a temporary license in order to begin a supervised internship for as a state Licensed Professional Counselor. For course descriptions and more information, visit utb.edu/graduatestudies.

SCHOOL COUNSELING THESIS/NON-THESIS: 54 HOURS

BLOCK I (27 Hours)

COUN	6310 Introduction to Guidance and Counseling
COUN	6313 Personal Growth
COUN	6301 Intro to Research Methods in Counseling
EPSY	6304 Foundations of Learning, Cognition and Human Development
COUN	6327 Theories of Psychotherapy
COUN	6328 Techniques of Psychotherapy
COUN	6368 Group Counseling
COUN	6345 Career Counseling
COUN	6344 School Counseling and Guidance

BLOCK II (27 Hours)

COUN	6361 Intro to Marriage and Family Therapy
COUN	6364 Multicultural Counseling
COUN	6365 Counseling Practicum
COUN	6349 Child and Adolescent Counseling
COUN	6314 Psycho-Educational Assessment
COUN	6369 Internship I
COUN	6370 Internship II

6 Hours of Electives

EPSY	6341 Advanced Adolescent Psychology
COUN	6340 Diagnosis and Treatment Planning in Counseling
COUN	6351 Crisis Counseling
COUN	6347 Substance Abuse Counseling
COUN	6367 Foundations of Community and Agency Counseling
COUN	6342 Topics in Counseling and Guidance
COUN	6305 Group Dynamics
COUN	6100-6105 One-Hour Seminars

Other Approved Electives

OR

6 Hours of Thesis

COUN	7300 and 7301 Thesis
------	----------------------

A comprehensive exam is required prior to enrollment in COUN 6365.

Advisors

Dr. Lionel Cavazos • Main 2.200D • 956-882-5709 • lionel.cavazos@utb.edu
 Dr. James Ikonomopoulos • Main 2.200G • 956-882-7880 • james.ikonomopoulos@utb.edu
 Dr. Eunice Lerma • Main 2.200F • 956-882-5850 • eunice.lerma@utb.edu
 Dr. James Whittenberg • Main 2.200J • 956-882-5841 • james.whittenberg@utb.edu

The TExES in Counseling is required for students pursuing Professional School Counselor Certification.

PROFESSIONAL PORTFOLIO

All students enrolled in the Counseling and Guidance program will be required to purchase instructional materials including (but not limited to) Tk20 which is an online academic electronic workbook to be used in building their professional portfolio designed to provide evidence of mastery of class and state/professional standards. Additional information regarding Tk20 is available at <https://tk20.utb.edu/> or at the UTB Barnes and Noble bookstore.

COURSE DESCRIPTIONS

COUN 6100-6105 Seminar in Counseling and Guidance

Through a series of six steps, develops skills related to helping professions. Primarily for in-service training with counselors and teachers. Prerequisite: Instructor's permission. Lec 1, Cr 1

COUN 6301 Intro to Research Methods in Counseling

Introduction to research methods and statistical analysis in counseling. Emphasizes data-gathering techniques in social and behavioral science databases; critical review of literature used in clinical assessment, intervention and evaluation; planning and design of research proposal; and instruction in APA style. Lec 3, Cr 3

COUN 6305 Interpersonal Group Dynamics

This course provides an overview of interpersonal process and the field of group dynamics. It is designed to develop the understanding and integration of various properties of group and interpersonal relationships into a personal and professional framework. This course cannot substitute for the Group Counseling for the Guidance and Counseling majors. Lec 3, Cr 3

COUN 6310 Introduction to Guidance and Counseling

Students will be introduced to the role of counselors in a variety of setting including their role in advocacy and social justice. They will become familiar with the history of counseling, preparation standards, professional organizations, ethical standards and legal issues pertaining to counseling, and the dynamics of the counseling process. Lec 3, Cr 3

COUN 6313 Personal Growth

Discussions and practical application of group dynamics within a framework of group therapy.

COUN 6314 Psycho-Educational Assessment I

This course explores the theory and techniques of administering, scoring, and interpreting educational and psychological tests. Includes test selection, administration, and the dynamics of test interpretation to enable the counselor to synthesize, integrate and evaluate appraisal data for use in guidance and counseling. In the last segment of the course, students will practice taking, administering and interpreting a variety of educational and psychological tests. Prerequisite: COUN 6301 Lec 3, Cr 3

COUN 6327 Theories of Psychotherapy

A survey of prominent theories in psychotherapy and counseling. Specialized approaches such as group therapy, play therapy and family therapy will be studied. Prerequisites: COUN 6310, COUN 6313 Lec 3, Cr 3

COUN 6328 Techniques of Psychotherapy

Primary focus is on techniques and interviewing skills utilized during counseling sessions. In addition, this course addresses how these techniques are applied to special topics and issues such as career counseling, group counseling and family counseling. Prerequisites: COUN 6310, COUN 6313, can be taken concurrently with COUN 6327 Lec 3 Cr 3

COUN 6340 Diagnosis and Treatment Planning in Counseling

The course in counseling introduces students to the concepts of psychopathology and to major diagnostic categories of the current DSM. Emphasis is placed on differential diagnosis and understanding of how cultural, biological, social and psychological factors are necessary when developing a holistic and ethical model of assessment and treatment planning. Prerequisites: COUN 6327, COUN 6328 Lec. 3, Cr. 3

COUN 6342 Topics in Counseling and Guidance

A course involving study in topics related to counseling and guidance. This course may be repeated when topic varies. Lec 3, Cr 3 Prerequisite: Approval of Graduate Advisor

COUN 6344 School Counseling and Guidance

Students will learn the essential roles and responsibilities of school counselors as they relate to planning, implementation and evaluation of counseling and guidance programs. Students learn research-based practices in school counseling. Ethical, legal and multicultural issues are emphasized. Prerequisites: COUN 6310. Lec 3, Cr 3

COUN 6345 Career Counseling

A survey and analysis of the processes of assisting people to choose, prepare for, enter and progress in an occupation. The course trains leaders who can help people make decisions and choices in planning a future and building a career. Lec 3, Cr 3

COUN 6347 Substance Abuse Counseling

This course will prepare individuals to counsel drug users, addicts and family members using various preventive strategies and treatment regimes. Includes instruction in outreach, patient education, therapeutic intervention methods, diagnostic procedures and addiction symptomology. Prerequisites: COUN 6327. Lec 3. Cr 3

COUN 6349 Child and Adolescent Counseling

This course is an introduction to counseling theories and techniques applied to children and adolescents. Appropriate developmental and cultural issues will be presented. The course is designed to teach students about current research and approaches for working with this population. Prerequisites: COUN 6327 and COUN 6328 Lec. 3, Cr 3

COUN 6351 Crisis Counseling

The course provides an overview of the psychology of crisis and contemporary theory and practice of crisis intervention. Special emphasis is given to basic features of normative and extreme psychological reactions to crisis and trauma, to the process of successful crisis resolution counselors and to emergency first-responders actively promote. Prerequisite: COUN 6327. Lec 3, Cr 3

COUN 6361 Introduction to Marriage and Family Therapy

This course introduces students to the study of individual and family development, family dynamics, interpersonal relationships and marriage and family systems. The course will include selected theories, methods and techniques of marriage and family therapy with particular emphasis on multicultural, legal and ethical issues in the practice of marriage and family counseling. Prerequisite: COUN 6310, 6327 Lec 3, Cr 3

COUN 6364 Multicultural Counseling

This course will provide an understanding of the characteristics and needs of culturally diverse clients. The course will include issues related to ethnic groups, gender, family systems, differing lifestyles and the impact of social, political and economic factors on specific populations. Techniques for counseling culturally diverse populations will also be covered. Prerequisite: COUN 6310. Lec 3, Cr 3

COUN 6365 Counseling Practicum I

A study of selected counseling theories and supervised experience in individual counseling. Cases assigned off campus in schools and community agencies. This course must be taken within last nine hours of program. Prerequisites: Block I and with program approval. Lec 3, Cr 3

COUN 6367 Foundations of Community and Agency Counseling

This course helps students gain knowledge and understanding of community counseling issues including historical foundations, the role and function of the community counselor, and working with specific populations. The administration and function of community counseling agencies are studied with emphasis on the ethical issues confronting various agencies. Prerequisite: COUN 6327, COUN 6364. Lec 3, Cr 3

COUN 6368 Group Counseling

This course develops an understanding of group processes, theories and techniques. Demonstrated competence in this knowledge and in applying group procedures will be required. Prerequisites: COUN 6327 and 6328 Lec 3, Cr 3

COUN 6369 Counseling Internship I

Supervised internship in counseling in an approved agency or school setting. Prerequisites: COUN 6365. Lec 3, Lab 10, Cr. 3

COUN 6370 Counseling Internship II

Supervised internship in counseling in an approved agency or school setting. Prerequisites: COUN 6369 Lec 3, Lab 10, Cr. 3

COUN 7300/7301 Thesis

Pass or fail grade. Prerequisite: Approval of graduate advisor Lec 3, Cr 3

EPSY 6304 Foundations of Learning, Cognition and Human Development

Advanced study in the specialization of life-span development theories to human behavior, learning and cognition. Includes specific models of cognition and relevant research. This course includes the nature of needs of people at all developmental levels from prenatal through old age. Lec 3, Cr 3

EPSY 6341 Advanced Adolescent Psychology

The history and systems of adolescent psychology. Modern theories and current research in learning and pupil motivation, especially in relation to various aspects of the educational process. Lec 3, Cr 3

CAREERS

- School: public, private, post secondary
- Private industry
- Human resources
- Private practice
- Social services
- Mental health agency
- Religious institutions

COMMUNITY COUNSELING

54-HOUR THESIS/NON-THESIS PROGRAM

The Community Counseling track in the Master of Education in Counseling and Guidance is designed to prepare individuals for direct entry into or advancement in counseling and related positions in public or private



TESTIMONIAL

"UTB provided me with the degree that I needed to meet my professional goals. The Counseling and Guidance Program sets high standards for its students, which helps the graduates meet the demands of the profession - wherever they choose to practice."

– Marianela C. Villarreal

counseling agencies. Typical community programs or agencies include mental health centers, substance abuse programs, and marriage and family counseling services. Graduates are also eligible to apply for a state license and can enter private practice, upon completion of additional requirements of the Texas State Board of Examiners of Professional Counselors.

The curriculum for the Community Counseling track contains a 54 semester hour program of didactic courses, skill development activities and intensive supervised practical and internship experiences, once the student completes all required course work and certification. For course descriptions and more information, visit utb.edu/graduatestudies.

COMMUNITY COUNSELING TRACK

THESIS/NON-THESIS: 54 HOURS

BLOCK I (27 Hours)

- COUN 6310 Introduction to Counseling and Guidance
- COUN 6313 Personal Growth
- COUN 6301 Intro to Research Methods in Counseling
- EPSY 6304 Foundations of Learning, Cognition and Human Development
- COUN 6327 Theories of Psychotherapy
- COUN 6328 Techniques of Psychotherapy
- COUN 6368 Group Counseling
- COUN 6345 Career Counseling
- COUN 6340 Diagnosis and Treatment Planning in Counseling

BLOCK II (27 Hours)

- COUN 6361 Intro to Marriage & Family Therapy
- COUN 6364 Multicultural Counseling
- COUN 6365 Counseling Practicum I
- COUN 6367 Foundations of Community and Agency Counseling
- COUN 6314 Psycho-Educational Assessment
- COUN 6369 Internship I
- COUN 6370 Internship II

6 Hours of Electives

- EPSY 6341 Advanced Adolescent Psychology
- COUN 6344 School Counseling and Guidance
- COUN 6342 Topics in Counseling and Guidance
- COUN 6305 Group Dynamics
- COUN 6347 Substance Abuse Counseling
- COUN 6349 Child and Adolescent Counseling
- COUN 6351 Crisis Counseling
- COUN 6100-6105 One-Hour Seminars

Other Approved Electives

OR

6 Hours of Thesis

- COUN 7300 and 7301 Thesis Direction

A comprehensive exam is required prior to enrollment in COUN 6365.

Note: Where a graduate chooses to practice depends on whether they finish our School Counseling or Community Counseling tracks and whether they pass the required tests for certification or licensure. The above occupational settings are subject to additional credentials or training.

COURSE DESCRIPTIONS

COUN 6100-6105 Seminar in Counseling and Guidance

Through a series of six steps, the course develops skills related to helping professions. Primarily for in-service training with counselors and teachers. Prerequisite: Instructor's permission Lec 1, Cr 1

COUN 6301 Intro to Research Methods in Counseling
Introduction to research methods and statistical analysis in counseling. Emphasizes data-gathering techniques in social and behavioral science databases; critical review of literature used in clinical assessment, intervention and evaluation; planning and design of research proposal; and instruction in APA style. Lec 3, Cr 3

COUN 6305 Interpersonal Group Dynamics
This course provides an overview of interpersonal process and the field of group dynamics. It is designed to develop the individual's ability to understand and integrate various properties of group and interpersonal relationships into a personal and professional framework. This course cannot substitute for the Group Counseling for the Guidance and Counseling majors. Lec 3, Cr 3

COUN 6310 Introduction to Counseling and Guidance
Students will be introduced to the role of counselors in a variety of setting including their role in advocacy and social justice. They will become familiar with the history of counseling, preparation standards, professional organizations, ethical standards and legal issues pertaining to counseling, and the dynamics of the counseling process. Lec 3, Cr 3

COUN 6313 Personal Growth
Discussions and practical application of group dynamics within a framework of group therapy.

COUN 6314 Psycho-Educational Assessment I
This course explores the theory and techniques of administering, scoring and interpreting educational and psychological tests. Includes test selection, administration and the dynamics of test interpretation to enable the counselor to synthesize, integrate and evaluate appraisal data for use in guidance and counseling. In the last segment of the course, students will practice taking, administering and interpreting a variety of educational and psychological tests. Prerequisite: COUN 6301 Lec 3, Cr 3

COUN 6327 Theories of Psychotherapy
A survey of prominent theories in psychotherapy and counseling. Specialized approaches such as group therapy, play therapy and family therapy will be studied. Prerequisite: COUN 6310, COUN 6313 Lec 3, Cr 3

COUN 6328 Techniques of Psychotherapy
Primary focus is on techniques and interviewing skills utilized during counseling sessions. In addition, this course addresses how these techniques are applied to special topics and issues such as career counseling, group counseling and family counseling. Prerequisites: COUN 6310, COUN 6313, can be taken concurrently with COUN 6327 Lec 3 Cr 3

COUN 6340 Diagnosis and Treatment Planning in Counseling
The course in counseling introduces students to the concepts of psychopathology and to major diagnostic categories of the current DSM. Emphasis is placed on differential diagnosis and understanding of how cultural, biological, social and psychological factors are necessary when developing a holistic and ethical model of assessment and treatment planning. Prerequisites: COUN 6327, COUN 6328 Lec. 3, Cr. 3

COUN 6342 Topics in Counseling and Guidance
A course involving study in topics related to counseling and guidance. This course may be repeated when topic varies. Lec 3, Cr 3 Prerequisite: Graduate Advisor's approval

COUN 6344 School Counseling and Guidance
Students will learn the essential roles and responsibilities of school counselors as they relate to planning, implementation and evaluation of counseling and guidance programs. Students learn research-based practices in school counseling. Ethical, legal and multicultural issues are emphasized. Prerequisite: COUN 6310. Lec 3, Cr 3

COUN 6345 Career Counseling
A survey and analysis of the processes of assisting people to choose, prepare for, enter and progress in an occupation. The course trains leaders who can help people make decisions and choices in planning a future and building a

career. Lec 3, Cr 3

COUN 6347 Substance Abuse Counseling
This course will prepare individuals to counsel drug users, addicts and family members using various preventive strategies and treatment regimes. Includes instruction in outreach, patient education, therapeutic intervention methods diagnostic procedures and addiction symptomology. Prerequisite: COUN 6327 Lec 3. Cr 3

COUN 6349 Child and Adolescent Counseling
This course is an introduction to counseling theories and techniques applied to children and adolescents. Appropriate developmental and cultural issues will be presented. The course teaches current research and approaches for working with this population. Prerequisites: COUN 6327 and COUN 6328. Lec 3, Cr 3

COUN 6351 Crisis Counseling
The course provides an overview of the psychology of crisis and contemporary theory and practice of crisis intervention. Special emphasis is given to basic features of normative and extreme psychological reactions to crisis and trauma, and the process of successful crisis resolution counselors and emergency first-responders actively promote. Prerequisite: COUN 6327. Lec 3, Cr 3

COUN 6361 Introduction to Marriage and Family Therapy
This course introduces students to the study of individual and family development, family dynamics, interpersonal relationships and marriage and family systems. The course will include selected theories, methods and techniques of marriage and family therapy with particular emphasis on multicultural, legal and ethical issues in the practice of marriage and family counseling. Prerequisites: COUN 6310, 6327. Lec 3, Cr.3

COUN 6364 Multicultural Counseling
This course will provide an understanding of the characteristics and needs of culturally diverse clients. The course will include issues related to ethnic groups, gender, family systems, differing lifestyles and the impact of social, political and economic factors on specific populations. Techniques for counseling culturally diverse populations will also be covered. Prerequisite: COUN 6310 Lec 3, Cr 3

COUN 6365 Counseling Practicum I
A study of selected counseling theories and supervised experience in individual counseling. Cases assigned off campus in schools and community agencies. This course must be taken within last nine hours of program. Prerequisites: Block I and With Program Approval Lec 3, Cr 3

COUN 6367 Foundations of Community and Agency Counseling
This course helps students learn and understand community counseling issues including historical foundations, the role and function of the community counselor and how to work with specific populations. The administration and function of community counseling agencies are studied with emphasis on the ethical issues confronting various agencies. Prerequisite: COUN 6327, COUN 6364 Lec 3, Cr 3

COUN 6368 Group Counseling
This course develops an understanding of group processes, theories and techniques. Demonstrated competence in this knowledge and in applying group procedures will be required. Prerequisites: COUN 6327 and 6328 Lec 3, Cr 3

COUN 6369 Counseling Internship I
Supervised internship in counseling in an approved agency or school setting. Prerequisites: COUN 6365. Lec 3, Lab 10, Cr 3

COUN 6370 Counseling Internship II
Supervised internship in counseling in an approved agency or school setting. Prerequisites: COUN 6369. Lec. 3, Lab 10, Cr. 3

COUN 7300/7301 Thesis
Pass or fail grade. Prerequisite: Graduate advisor's approval Lec 3, Cr 3

EPSY 6304 Foundations of Learning, Cognition and Human Development
Advanced study in the specialization of life-span development theories to human behavior, learning and cognition. Includes specific models of cognition and relevant research. This course includes the nature of needs of people at all developmental levels from prenatal through old age. Lec 3, Cr 3

EPSY 6341 Advanced Adolescent Psychology
The history and systems of adolescent psychology. Modern theories and current research in learning and pupil motivation, especially in relation to various aspects of the educational process. Lec 3, Cr 3

CAREERS

- School: public, private, post secondary
- Private industry
- Human resources
- Private practice
- Social services
- Mental health agency
- Religious institutions

Last Revised December 2014