

COUNSELOR EDUCATION

Contact: (845) 257-3467

The Counselor Education Program at SUNY New Paltz trains highly skilled mental health and school counselors knowledgeable in both the practice and science of counseling. The program's climate combines rigorous academic standards along with a collegial and supportive mentoring environment that conceptualizes students as emerging professionals. The program is committed to academic and personal development of counseling trainees within an atmosphere that values cultural and intellectual diversity. The program's goal is to prepare mental health and school counselors who:

- Possess the knowledge and skills necessary to practice as highly competent counselors
- Demonstrate intellectual curiosity and a commitment to continually expanding their counseling knowledge and proficiency
- Understand and model the professional standards and ethics of their profession
- Attend to their own personal growth, as well as that of their clients, through utilizing supervision, valuing interpersonal feedback, and engaging in ongoing self-evaluation
- Show mastery of the research process and understand its central role in counseling practice and conducting program evaluation
- Are open-minded and respectful of multicultural and intellectual diversity
- Use their counseling knowledge to function as compassionate and caring practitioners, advocates, and leaders within their profession and within the communities they serve

Graduate Programs in Counselor Education

- [MS in Clinical Mental Health Counseling](#)
- [MS in School Counseling](#)
- [Advanced Certificate in Mental Health Counseling](#)
- [Advanced Certificate in Trauma and Disaster Mental Health](#)

COU501. Ethics and Professional Identity in Mental Health Counseling. 3 Credits.

Overview of ethics and professional identity in mental health counseling.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)

May not be repeated for credit

COU502. Ethics and Professional Identity in School Counseling. 3 Credits.

Overview of ethics and professional identity in school counseling.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration): School Counseling (295)

May not be repeated for credit

COU505. Professional Roles in Mental Health Counseling. 3 Credits.

Overview of the professional roles that mental health counselors engage in, including - but not limited to - supervision, consultation, leadership and social advocacy.

Restrictions:

- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)

May not be repeated for credit

COU506. Professional Roles in School Counseling. 3 Credits.

Overview of the professional roles that school counselors engage in including- but not limited to - supervision, consultation, leadership, classroom management and social advocacy.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration): School Counseling (295)

May not be repeated for credit

COU510. Counseling Theories. 3 Credits.

Contemporary theories of counseling and psychotherapy.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - School Counseling (295)

May not be repeated for credit

COU515. Counseling Skills. 3 Credits.

Contemporary counseling skills. Techniques from approaches such as analytic, person-centered, cognitive-behavioral, and family systems.

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - School Counseling (295)

May not be repeated for credit

COU520. Career Development, Counseling, and Assessment. 3 Credits.

Career counseling theory and practice. Models of career development and implications of these models for career counseling and assessment across diverse populations.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - School Counseling (295)

May not be repeated for credit

COU525. Multicultural Counseling. 3 Credits.

Reviews knowledge and research in multicultural counseling. Teaches skills useful in counseling individuals from diverse populations; focus on personal awareness about stereotypes and how they may impact counseling diverse clients.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - School Counseling (295)

May not be repeated for credit

COU530. Practicum in Mental Health Counseling. 3 Credits.

Continued development and practice of skills learned in COU515: Counseling Skills. Application of ethical/legal standards, socio-cultural/diversity issues, and professional skills including documentation and treatment planning in mental health counseling; includes supervised practicum experience in mental health counseling setting.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)

Prerequisites:

- COU501 Minimum Grade of B
- COU510 Minimum Grade of B
- COU515 Minimum Grade of B
- COU520 Minimum Grade of B

May not be repeated for credit

COU535. Practicum in School Counseling. 3 Credits.

A 100-hour semester long experience working in schools learning about and practicing the various roles and responsibilities of a school counselor. The course includes an in-class training component with includes group supervision, conduction case conferences, applying counseling theories relevant to school counseling.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration): School Counseling (295)

Prerequisites:

- COU502 Minimum Grade of B
- COU510 Minimum Grade of B
- COU515 Minimum Grade of B
- COU520 Minimum Grade of B

May not be repeated for credit

COU540. Psychopathology. 3 Credits.

Reviews approaches to psychopathology, particularly as they pertain to counseling. Examines systems for conceptualizing, comprehending, and understanding those diagnosed with psychopathology. Covers theoretical approaches and the Diagnostic and Statistical Manual of Mental Disorders.

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling Cert (291)
 - Music Therapy (285)
 - School Counseling (295)

May not be repeated for credit

COU545. Group Dynamics and Counseling. 3 Credits.

Theory and practice of group counseling. Examines group dynamics and theories of group development in counseling contexts. Techniques and principles of group counseling, with special emphasis on implications for school and mental health counseling settings.

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - School Counseling (295)

COU550. Couple and Family Counseling. 3 Credits.

A variety of approaches to family and couples therapy including psychoanalytic, behavioral, transgenerational, structural, strategic and systems will be examined. The theory and technique of Bowen, Minuchin, Haley, and the Milan associates will be emphasized.

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - School Counseling (295)

May not be repeated for credit

COU555. Assessment. 3 Credits.

Theoretical and applied examination of issues pertinent to personality and intellectual assessment. Introduces practical applications (administration, scoring, interpretation, and report-writing), as well as theoretical issues (ethics, utility, reliability, and validity).

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - School Counseling (295)

May not be repeated for credit

COU561. Evidence-Based Assessment & Treatment of Traumatic Stress. 3 Credits.

Understanding, assessing and treating traumatic stress and post-traumatic stress disorder (PTSD), including the nature and impact of trauma, risk and protective factors, assessing post-traumatic effects, early intervention and PTSD prevention strategies, an overview of cognitive-behavioral treatments, and cross-cultural perspectives.

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Graduate

Prerequisites:

- COU510 Minimum Grade of D-
- COU515 Minimum Grade of D-

May not be repeated for credit

COU562. Assessment and Interventions with Children, Adolescents, and Families. 3 Credits.

The social-emotional and developmental needs of children make them a special population that necessitates specialized training for individuals who will work with children and families. This course will train students to assist child survivors and their caregivers following disasters and traumatic events, especially those events that cause the sudden death of a parent or other loved one.

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Graduate

Prerequisites:

- COU510 Minimum Grade of D-
- COU515 Minimum Grade of D-

May not be repeated for credit

COU563. Assisting Veterans and First Responders. 3 Credits.

This online course will prepare clinicians to engage and treat military personnel and first responders and their families, examining the unique cultural and clinical considerations affecting these populations and using theory and research to identify appropriate treatment modalities.

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Graduate

Prerequisites:

- COU510 Minimum Grade of D-
- COU515 Minimum Grade of D-

May not be repeated for credit

COU565. Disaster Counseling and Crisis Intervention. 3 Credits.

Theory and research in disaster mental health are studied. Activities of disaster counseling are practiced. Students complete a one-day American Red Cross training in DMH that will allow them to be deployed to disasters.

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - School Counseling (295)

May not be repeated for credit

COU566. Assisting Vulnerable Populations. 3 Credits.

Understanding the needs of individuals and groups considered vulnerable prior to, during, and after a disaster, including learning to assess needs, understanding the systems already in place, knowing how to access appropriate supports and structures, and an overview of factors that may assist in mitigating the effects of disasters.

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Graduate

Prerequisites:

- COU510 Minimum Grade of D-
- COU515 Minimum Grade of D-

May not be repeated for credit

COU567. Grief, Loss and Bereavement. 3 Credits.

Understanding and treating reactions to death and loss, especially due to disaster. Topics include attachment, typical and extreme reactions, models of adjustment, death rituals, and grief counseling and other evidence-informed interventions for survivors.

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Graduate

Prerequisites:

- COU510 Minimum Grade of D-
- COU515 Minimum Grade of D-

May not be repeated for credit

COU570. Substance Use and Addictions Counseling. 3 Credits.

Introduction to the fundamental principles, theories, and skills of substance use and addictions counseling.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - School Counseling (295)

Prerequisites:

- COU510 Minimum Grade of C-
- COU515 Minimum Grade of C-

May not be repeated for credit

COU575. Human Growth and Development. 3 Credits.

This course examines theory and research related to the social, emotional, cognitive, and physical development of individuals. Consideration is given to diverse pathways to and through adulthood, normative transitions, and ecological and contextual models of development.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - Music Therapy (285)
 - School Counseling (295)

May not be repeated for credit

COU585. Contemporary Issues in Counseling. 3 Credits.

In depth examination of a particular area related to counseling. May be repeated multiple times for credit, as long as the topic is different each time course is taken.

Restrictions:

- Must be enrolled in the following class: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - School Counseling (295)

May be repeated for credit

COU590. Thesis. 1-12 Credits.

Students write a counseling-related thesis under the supervision of a thesis committee (a faculty adviser and two committee members). Students do a literature review/conceptual thesis (3 credits) or an empirical thesis (6 credits). All empirical projects must conform to IRB guidelines.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Mental Health Counseling (290)
 - School Counseling (295)

COU593. Counseling Selected Topic. 1-12 Credits.

Selected topics courses are regularly scheduled courses that focus on a particular topic of interest. Descriptions are printed in the Schedule of Classes each semester. Selected topics courses may be used as elective credit and may be repeated for credit, provided that the topic of the course changes.

May be repeated for credit

COU595. Indep Study Counseling. 1-12 Credits.**Restrictions:**

- Must have the following level: Graduate

May be repeated for credit

COU599. Comprehensive Exam Workshop. 0 Credits.

Non-credit workshop for students who wish to devote the semester immediately following the completion of their coursework to prepare for the comprehensive exam.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration): Mental Health Counseling (290)

May not be repeated for credit

COU610. Research Methods and Program Evaluation. 3 Credits.

The primary objective of this course is to enable you to develop the necessary knowledge and skills that are essential for becoming a critical producer of empirical research.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)
 - School Counseling (295)

May not be repeated for credit

COU771. Internship in Mental Health Counseling 1. 3 Credits.

First half of intensive supervised internship experience in mental health counseling agencies. The sequential training experience presents students with an increasingly advanced understanding of the roles and duties of mental health counselors. Course includes on-site supervised training experience in addition to in-class training component.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)

Prerequisites:

- PSY580 Minimum Grade of D- or COU530 Minimum Grade of S

May not be repeated for credit

COU772. Internship in Mental Health Counseling 2. 3 Credits.

Second half of intensive supervised internship experience in mental health counseling agencies. The sequential training experience presents students with an increasingly advanced understanding of the roles and duties of mental health counselors. Course includes on-site supervised training experience in addition to in-class training component.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration):
 - Clinical Mental Health Counsel (293)
 - Mental Health Counseling (290)
 - Mental Health Counseling Cert (291)

May not be repeated for credit

COU781. Internship in School Counseling 1. 3 Credits.

First half of an intensive supervised internship experience in mental health counseling agencies. The sequential training experience presents students with an increasingly advanced understanding of the roles and duties of mental health counselors. Course includes on-site supervised training experience in addition to in-class training component.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration): School Counseling (295)

Prerequisites:

- COU535 Minimum Grade of B

May not be repeated for credit

COU782. Internship in School Counseling 2. 3 Credits.

Second half of intensive supervised internship experience in school counseling. The sequential training experience presents students with an increasingly advanced understanding of the rolls and duties of school counselors. Course includes on-site supervised training experience in addition to in-class training component.

Restrictions:

- Must have the following level: Graduate
- Must be enrolled in the following field(s) of study (major, minor or concentration): School Counseling (295)

Prerequisites:

- COU781 Minimum Grade of B

May not be repeated for credit

COU795. Independent Study Counseling. 1-12 Credits.

May be repeated for credit