

Addendum to 2019-2020 Academic Catalog & Student Handbook

Revision to Registration Deadline

Effective March 2020

Registration will close one week before the start of the term, at which point the Add/Drop period begins and extends through the first week of classes in the term. Only students who were registered before the registration deadline will be permitted to add or drop classes.

Master of Arts in Counseling

Effective as of January 2020

Purpose: The MA in Counseling degree equips students to serve both faith communities and general populations as Licensed Professional Counselors. Upon completion of the program, students have a holistic understanding of wellness and the knowledge, ethics, values, skills and personal dispositions to provide mental health services to a multicultural population. Through a faculty of scholar-practitioners, a rigorous curriculum, and experiential learning, students are well-prepared for a future in the counseling vocation.

In addition, the MA in Counseling aims to meet Kansas, Missouri, and other state educational requirements for licensure. It is important for every student to understand the requirements of their state.

Learning Outcomes

Program Outcomes

1. Demonstrate the ability to provide mental health services to individuals in a diverse multicultural society and in varied clinical settings.
2. Demonstrate professional counselor identity in conjunction with appropriate application of counseling theories and engagement in research and professional skills enhancement.
3. Demonstrate professional counseling practice by selecting appropriate evidence-based treatments informed by diagnoses.
4. Demonstrate the counselor skills and sensibilities for human spirituality needed to establish and maintain rapport and facilitate the treatment process.

Professional Competencies

Through engagement with appropriate readings, faculty instruction, peer collaboration, and supervised practicums and internship experiences, graduates will develop professionalism in the following areas:

1. *Scholarship:* Students will learn the knowledge and skills needed to critically evaluate and communicate requisite knowledge about professional counseling.

2. *Professional Attitude and Behavior*: Students will learn the knowledge and skills needed to conduct themselves professionally as defined by the American Counseling Association (ACA) ethical standards for professional counselors.
3. *Cultural Competence*: Students will learn the knowledge and skills needed to appropriately factor a client's unique cultural characteristics into decision making related to diagnoses, treatment models, counseling methods and techniques, and expected outcomes.
4. *Professional Practice*: Students will learn the knowledge and skills needed to provide "standard of care" to clients from an integrated mind, body, soul, and spirit model of therapy and model of treatment.

Formation Goals

1. The student will value the integration of spirituality among the complex of mental, physical, and emotional components that constitute human personhood and health.
2. The student will prepare to serve individuals and communities of varied or no religious traditions and affiliations.
3. The student will explore and grow in awareness of his/her own religious assumptions and convictions and develop insight into how these influence his/her work as a counselor.

Location: The Master of Arts in Counseling degree can be earned online (through synchronous courses) and at the Shawnee, KS campus. Students taking classes online will need to consider the licensing requirements of their state.

CBTS is not approved to offer online/distance education to students in Puerto Rico, Guam, American Samoa, or N. Marianas Islands.

Duration: The Master of Arts in Counseling is a three-year program at full-time student status. Courses are scheduled so that students may take additional courses in each term to complete the degree in two years. Courses are offered on a trimester system of three 12-week terms each academic year.

Graduation Requirements:

Complete all curriculum requirements for the degree program as outlined in this catalog under degree requirements:

- 1) Maintain a cumulative grade point average of 2.0 (C) or higher
- 2) Complete any required residency hours
- 3) Pay all financial obligations, including graduation fees and library fines
- 4) Complete any other requirements or assessments designated by the Administration, Faculty, or Board

Curriculum Requirements (60 credits):

- CO501 – Professional Orientation and Ethics (3 credits)
- CO502 – The Helping Relationship (3 credits)

- CO503 – Abnormal Psychology (3 credits)
- CO504 – Biological Basis for Behavior (3 credits)
- CO505 – Lifespan Development (3 credits)
- CO506 – Career Development (3 credits)
- CO507 – Psychopharmacology (3 credits)
- CO510 – Counseling Theories (3 credits)
- CO511 – Theory and Methods for Group Counseling (3 credits)
- CO512 – Multicultural Counseling (3 credits)
- CO513 – Marriage and Family Counseling (3 credits)
- CO520 – Diagnosis and Treatment of Childhood and Adolescent Disorders (3 credits)
- CO521 – Diagnosis and Treatment of PTSD (3 credits)
- CO522 – Diagnosis and Treatment of Substance Use Disorders (3 credits)
- CO523 – Differential Diagnosis and Treatment Planning (3 credits)
- CO530 – Statistics & Research Methods (3 credits)
- CO531 – Psychological Tests & Measurements (3 credits)
- CO540 – Supervised Counseling Practicum (3 credits)
- CO541 – Internship I (2 credits)
- CO542 – Internship II (2 credits)
- CO543 – Internship III (2 credits)

Course Descriptions

CO501 – Professional Orientation and Ethics (3 credits)

This course introduces the counseling student to counselor identity and to concepts regarding professional ethics that guide the functioning of a licensed professional counselor. This course includes the history, roles, professional organizations, standards, and credentialing important for the practicing clinician. In addition, the student learns the importance of self-care and the means for caring for self.

CO502 – The Helping Relationship (3 credits)

This course equips the counseling student with the theoretical constructs and practical skills for conducting a therapy session. Included in this course are the development of a protocol for conducting a treatment session and behaviors that facilitate the treatment process. This course requires student-to-student role play.

CO503 – Abnormal Psychology (3 credits)

This course provides the counseling student with an in-depth understanding of Abnormal Psychology. Focus is given to the study of psychological dysfunction associated with distress or impaired functioning that departs from typical or expected behavior based on cultural and societal norms. This course is organized in accordance with the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). The course employs an integrative approach toward the study of abnormal psychology that includes the interaction of biological, developmental, and social factors. Diagnosing case studies and treatment planning provides practical application of material learned.

CO504 – Biological Basis for Behavior (3 credits)

This course provides the counseling student with information regarding the neuroanatomy of the human system related to mental disorders. Primary consideration is given to Central Nervous System, especially brain structures involved with mental disorders. The anatomy and physiology of the neuron and neuronal transmission is considered in depth and the role medications have upon neuronal functioning.

CO505 – Lifespan Development (3 credits)

This course provides the counseling student with a comprehensive understanding of human development across the lifespan from birth to death. This course relies heavily on Erik Erikson's theory of human development and is augmented by the work of Barbara and Philip Newman. The focus is to understand a client's present pathology influenced by developmental issues. This view aids in understanding the etiology of a present disorder and provides guidance for treatment of the disorder.

CO506 – Career Development (3 credits)

This course is designed to help the counseling student understand theories of career development, learn to utilize career assessments, access career information, and examine the impact of career on the lives of individuals with whom they will be counseling. At the conclusion of this course, students will be able to articulate their developing theory of how career development occurs, be knowledgeable of career program development procedures and will also be aware of the professional, legal, and ethical considerations associated with career counseling. In addition, students will accumulate resources to help them in career counseling with clients.

CO507 – Psychopharmacology (3 credits)

This course provides the counseling student with information regarding the uses and the effects of psychotropic medications along with the professional counselor's legal responsibility as a non-prescriber in monitoring a client's response to medications. Included in this course is the anatomy and neurophysiology of the human nervous system. Commonly prescribed medications and the therapeutic and side effects of medications are identified along with the pharmacodynamics and pharmacokinetics of medications.

CO510 – Counseling Theories (3 credits)

This course introduces the counseling student to the conceptual and theoretical perspectives and practices commonly associated with professional counseling. Students explore the common counseling theories that guide treatment, including but not limited to Psychoanalytic, Adlerian, Existential, Person-centered, Gestalt, Behavioral, Cognitive Behavioral, and Reality Therapy. Interacting in clinical groups, students collaborate to conceptualize client issues, formulate diagnoses, identify and select theoretical approaches that best match client issues, and formulate evidence-based treatment plans.

CO511 – Theory and Methods for Group Counseling (3 credits)

This course provides the counseling student with an understanding of the theory and practice of group counseling. Students learn different theoretical approaches to group counseling. Included in the course are basic group counseling skills to include establishing, leading, and evaluating various types of counseling groups. Also included are ethical, legal, and professional issues. Students gain practical experience by being a member and facilitator of a simulated counseling group.

CO512 – Multicultural Counseling (3 credits)

This course increases the counseling student's knowledge and awareness of working with diverse populations. The method for achieving this is through the examination of various models of multicultural counseling that develop an understanding of how diverse values and mores, interaction patterns, social conditions, and trends related to cultural and ethnic diversity affect counseling. The emphasis is on developing knowledge, skills, and attitudes to effectively counsel with persons different from the counselor regarding characteristics such as culture, race, gender, sexual orientation, physical disability, and religious preference. In addition, attention is given to

the student developing an awareness of his or her own values, attitudes, and beliefs as they relate to counseling in a diverse society.

CO513 – Marriage and Family Counseling (3 credits)

This course introduces the counseling student to the major theoretical approaches to family counseling. A significant factor is on selection and application of theoretical approaches to cases to develop practical counseling skills. During this class students will role play the family member, therapist, and clinical observer. Additionally, students will have the opportunity to take a close look at their family of origin dynamics. System Theory is given ~~particular~~ emphasis.

CO520 – Diagnosis and Treatment of Childhood and Adolescent Disorders (3 credits)

This course provides the counseling student with most recent and relevant counseling theories and interventions that apply to the treatment of childhood and adolescent disorders and reviews the issues and diagnoses unique to children and adolescents. The focus is on clinical practice, diagnostic skills, treatment planning, play and art therapy, family systems interventions, and cognitive behavioral interventions.

CO521 – Diagnosis and Treatment of PTSD and Other Related Trauma Disorders (3 credits)

This course provides the counseling student with a comprehensive understanding of trauma. The focus of the course is on what composes post-traumatic stress, its assessment, diagnosis, and therapeutic intervention. The course covers various theoretical etiologies for post-traumatic stress and introduces the counseling student to different evidence-based treatments.

CO522 – Diagnosis and Treatment of Substance Use Disorders (3 credits)

This course provides the counseling student with the capacity to identify, assess, diagnose, and treat substance and process use disorders as identified in the DSM V. Prevailing theories of addiction, evidence-based treatment modalities commonly utilized for treatment, the etiology of addiction, and co-occurring disorders are considered.

CO523 – Differential Diagnosis and Treatment Planning (3 credits)

This course introduces the counseling student to the process of clinical assessment and diagnosis based upon the DSM V that focuses upon the development of skills necessary for the practitioner to make accurate assessments and diagnoses. In addition, the student learns to use diagnoses to inform the development of evidence-based treatment plans and how to write appropriate clinical notes.

CO530 – Statistics & Research Methods (3 credits)

This course introduces the counseling student to the process of clinical assessment and diagnosis based upon the DSM V that focuses upon the development of skills necessary for the practitioner to make accurate assessments and diagnoses. In addition, the student learns to use diagnoses to inform the development of evidence-based treatment plans and how to right appropriate clinical notes.

CO531 – Psychological Tests & Measurements (3 credits)

This course introduces the student to concepts, theories, and methods regarding psychological testing and measurement. The focus is on areas such as psychometric principles (e.g., validity and reliability), test and item analysis, test construction, and applications of psychological testing in the clinical setting. The primary objectives are to provide a fundamental understanding of the core issues in psychological testing and measurement, to understand the key techniques undergirding the analysis of tests and measurement, to be able to interpret and report psychometric properties of tests, and to distinguish between tests that assess personality vs.

ability vs. interests. In addition, the student will construct a survey, engage in data collection, and analyze/report the findings.

CO540 – Supervised Counseling Practicum (3 credits)

This course provides the counseling student with the opportunity to practice professional counselor skills in a role-playing classroom setting in preparation for Internships I, II, & III. This course reviews professional activities to include intakes, diagnosing, evidence-based treatment planning, case note writing, and motivational interviewing, along with counseling techniques that establish a therapeutic relationship and facilitate treatment. This is a skill-building course and the course will require student-to-student role play.

CO541 – Internship I (2 credits)

Students in Internship engage in an off-campus field placement in which mental health services are delivered under the supervision of a licensed mental health professional and a Central Seminary Counseling professor. The Internship courses total 1,000 clock-hours of field placement over three trimesters comprising one academic year. Professional experiences include conducting individual, couple, family, and/or group therapy. The course provides opportunity to engage in professional case presentation, to include diagnosis, treatment planning, case note writing, and discussion. Graded: Pass/Fail.

CO542 – Internship II (2 credits)

Students in Internship engage in an off-campus field placement in which mental health services are delivered under the supervision of a licensed mental health professional and a Central Seminary Counseling professor. The Internship courses total 1,000 clock-hours of field placement over three trimesters comprising one academic year. Professional experiences include conducting individual, couple, family, and/or group therapy. The course provides opportunity to engage in professional case presentation, to include diagnosis, treatment planning, case note writing, and discussion. Graded: Pass/Fail.

CO543 – Internship III (2 credits)

Students in Internship engage in an off-campus field placement in which mental health services are delivered under the supervision of a licensed mental health professional and a Central Seminary Counseling professor. The Internship courses total 1,000 clock-hours of field placement over three trimesters comprising one academic year. Professional experiences include conducting individual, couple, family, and/or group therapy. The course provides opportunity to engage in professional case presentation, to include diagnosis, treatment planning, case note writing, and discussion. Graded: Pass/Fail.

Revisions to Current Student Enrollment Agreement Procedure

Effective as of October 2019

Please note: New students and students who submit a hard copy registration form will be emailed a link to digitally sign a Current Student Enrollment Agreement. Students have 48 hours from the receipt of this Current Student Enrollment Agreement to digitally sign the form. After 48 hours if the student has not contacted the Registrar's Office about their enrollment agreement, it will be assumed that the student has consented to the information outlined in the agreement.