

## **SCHOOL COUNSELING (M.A.) AND SERVICE AGENCY COUNSELING (M.A.)**

Director of Counseling Programs: Debra Preston

UNCP offers programs of study leading to the Master of Arts degree in School Counseling and Master of Arts degree in Service Agency Counseling. The primary objective of both programs is to develop professional level competence in the application of educational and psychological principles, counseling theory, and counseling techniques in order to facilitate personal development, personal adjustment, and interpersonal relations in school and agency settings. Students enrolled in these programs have the opportunity to become more sensitive to society and its dynamic qualities, as well as competent in designing and executing counseling and consulting activities. The programs are housed in UNCP's Psychology and Counseling Department. For information about admission and policies, see Graduate Programs, Procedures, and Policies.

The Master of Arts in School Counseling and the Master of Arts in Service Agency Counseling programs are organized into four curriculum components:

1. A professional counseling core component focusing on counseling theory and techniques, methods of analyzing the individual, and research.
2. A core of specialty area courses.
3. Laboratory/internship experiences enabling the student to apply theories, techniques, and skills under supervision in field settings.
4. Guided electives chosen to permit the student to fulfill personal objectives and interests.

### **School Counseling Program Goals**

The goals for the school counseling program are consistent with the outcomes expected of beginning counselors as described by professional organizations, accreditation agencies, and professional literature. The program addresses the academic and career needs of a diverse group of counselors-in-training by offering a mixture of theoretical and applied training. Input for program policies is solicited from the Counseling Programs Steering Committee and the School Counseling Program Advisory Committee which consists of a mixture of faculty members, current students, program completers, and practicing school counselors. The program is designed to provide students with:

- advanced study in the theory of counseling individuals and groups;
- study of applied skills in counseling, consulting, testing, research, ethical practice, and service delivery techniques including technology;
- advanced study in the theory and skills needed for work in public school settings;
- the opportunity for the integration and reflection of theories and techniques into a defensible personal theoretical orientation to counseling in the public schools;
- improved counseling skills for individuals already employed in counseling positions;
- resources to enhance the potential for mental health within the region and state.

### **Service Agency Program Goals**

The goals for the service agency counseling program are consistent with the outcomes expected of beginning counselors as described by professional organizations, accreditation agencies, and professional literature. The program addresses the academic and career needs of a diverse group of counselors-in-training by offering a mixture of theoretical and applied training. Input for program policies is solicited from the Counseling Programs Steering Committee. The program is designed to provide students with:

- advanced study in the theory of counseling individuals and groups;
- study of applied skills in counseling, testing, research, ethical practice, and service delivery techniques;
- advanced study in the theory and skills needed for work in service agency settings;
- the opportunity for the integration and reflection of theories and techniques into a defensible personal theoretical orientation to counseling in service agencies;
- improved counseling skills for individuals already employed in counseling positions;
- resources to enhance the potential for mental health within the region and state.

## Laboratory/Internship Experiences

A counseling skills laboratory and a supervised internship are required of all students. Students must pass the Counseling Comprehensive Examination prior to enrolling in the counseling skills laboratory. The counseling skills laboratory experience is designed to refine basic counseling techniques, develop more advanced skills, and evaluate readiness for internship through the use of role playing, micro-counseling, and video-taping. A supervised internship in an appropriate field-based setting is also required. An additional supervised practicum may be required for students who want to be licensed as school counselors in North Carolina and do not possess “A” level teacher licensure. *Note: This practicum may not be used to fulfill degree requirements.*

## Portfolio

All students will be required to establish, maintain, and present a portfolio that demonstrates competencies in school counseling or service agency counseling. Students will receive guidelines for completing this requirement. Students will present and orally defend their portfolios to a panel during the internship class. The panel consists of a faculty member, student, and licensed practicing counselor.

## PROGRAM-SPECIFIC ADMISSIONS STANDARDS (see also Graduate Admissions)

- All applicants for the M.A. degree in both counseling programs are required to submit an essay detailing their professional experiences and their objectives in pursuing graduate studies.
- The applicant must also demonstrate graduate level writing skills in his/her essay (see item a, above) indicating program-career goal compatibility and evidence of the personal attributes expected of a professional counselor.
- A personal interview with an appropriate member of the faculty may be requested.

## MASTER OF ARTS IN SCHOOL COUNSELING (M.A.)

### Program of Study

The Master of Arts in School Counseling program consists of a 27-semester-hour core curriculum, 9 semester hours of specialized courses in school counseling, 6 semester hours of laboratory/internship experiences, and 6 semester hours of guided electives.

	Sem. Hrs.
<b>Core Curriculum</b>	<b>27</b>
PCN 500 Professional and Ethical Issues	
PSY 505 Behavioral Research Methods	
PSY 510 Quantitative Methods in Counseling	
PCN 515 Theories and Techniques of Counseling	
PCN 541 Career Development through the Lifespan	
PSY 545 Human Development and Personality	
PSY 550 Psychological and Educational Testing	
PCN 560 Group Counseling	
PCN 565 Counseling Special Populations	
<b>Specialization Area</b>	<b>9</b>
PCN 544 Career Information in Educational Settings	
PCN 570 Consultation and Case Management	
PCN 575 The Professional School Counselor: Practices and Administration	
<b>Laboratory/Internship Experiences</b>	<b>6</b>
PCN 610 Counseling Skills Laboratory	
PCN 611 School Counseling Internship	
<b>Guided Electives*</b> (Minimum 6 semester hours)	<b>6</b>
Minimum total semester hours required for graduation	<b>Total: 48</b>

**\*Guided Elective Courses**

Elective courses are selected from the areas of Education, Psychology, Computer Science, or Public Administration with the guidance and approval of the program coordinator. Approved electives for the School Counseling program include the following:

- EDN 512 Advanced Study of Exceptionality in Children
- EDN 513 Individualized Program Development for Exceptional Students
- EDNL 502 Legal Structures in Education
- EDN 553 The Child as a Learner
- PSY 531 Child and Adolescent Behavior Disorders
- PSY 536 Psychopathology
- PSY 580 Cognitive-Behavioral Counseling Approaches
- PSY 585 Family Therapy Concepts and Methods
- PSY 590 Substance Abuse Research and Treatment
- PSY 595 Special Topics in Counseling
- PCN 526 Counseling in the Elementary School
- PCN 555 Psychoeducational Methods
- PCN 600 Thesis
- PCN 601 Counseling Research Project
- PCN 602 Professional Paper
- MPM 501 Organizational Behavior
- MPM 530 Organizational Communication
- CSC 505 Current Topics in Computers in Education

**MASTER OF ARTS IN SERVICE AGENCY COUNSELING (M.A.)****Program of Study**

The Master of Arts in Service Agency Counseling program consists of a 27-semester-hour core curriculum, 9 semester hours of specialized courses in service agency counseling, 6 semester hours of laboratory/internship experiences, and 6 semester hours of guided electives.

	<b>Sem. Hrs.</b>
<b>Core Curriculum</b>	<b>27</b>
PCN 500 Professional and Ethical Issues	
PSY 505 Behavioral Research Methods	
PSY 510 Quantitative Methods in Counseling	
PCN 515 Theories and Techniques of Counseling	
PCN 541 Career Development through the Lifespan	
PSY 545 Human Development and Personality	
PSY 550 Psychological and Educational Testing	
PCN 560 Group Counseling	
PCN 565 Counseling Special Populations	
<b>Specialization Area</b>	<b>9</b>
PSY 536 Psychopathology	
PSY 585 Family Therapy Concepts and Methods	
PSY 590 Substance Abuse Research and Treatment	
<b>Laboratory/Internship Experiences</b>	<b>6</b>
PCN 610 Counseling Skills Laboratory	
PCN 612 Agency Counseling Internship	
<b>Guided Electives**</b> (minimum 6 semester hours)	<b>6</b>
Minimum total semester hours required for graduation	<b>Total: 48</b>

**\*\*Guided Elective Courses**

Elective courses are selected from the areas of Education, Psychology, and Public Administration with the guidance and approval of the student's program coordinator. Approved electives for the Service Agency Counseling program include the following:

PSY 531	Child and Adolescent Behavior Disorders
PSY 580	Cognitive-Behavioral Counseling Approaches
PSY 595	Special Topics in Counseling
PCN 555	Psychoeducational Methods
PCN 570	Consultation and Case Management
PCN 600	Thesis
PCN 601	Counseling Research Project
PCN 602	Professional Paper
EDN 512	Advanced Study of Exceptionality in Children
MPM 501	Organizational Behavior
MPM 512	Decision-making for Leaders
MPM 530	Organizational Communication
MPM 533	Leadership and Change
MPM 538	Conflict Analysis and Resolution

**COURSES**

NOTE: When prerequisite courses are indicated below, these courses must be completed at UNC Pembroke prior to enrollment in the listed course.

**I. PROFESSIONAL COUNSELING (PCN)****PCN 500. Professional and Ethical Issues**

Introduction to the profession of counseling including a study of the principles, professional organizations, ethics, and delivery of counseling, consulting and referral services. Students will learn the functions, organization, and administrative procedures of counseling, consulting and client services in schools, colleges, and agencies. They will demonstrate the ability to identify the basic services, to formulate a Professional Disclosure Statement, to identify the role and function of the counselor, and to analyze case studies. Credit, 3 semester hours. PREREQ: Admission to the School Counseling or Service Agency Counseling program or program coordinators' permission.

**PCN 515. Theories and Techniques of Counseling**

Examination of the concepts and techniques of individual counseling and the means for establishing facilitative relationships including competence in counseling skills and interventions. Students will study and practice the major approaches to counseling and psychotherapy and will be able to demonstrate the techniques of major theories. Students will demonstrate their ability to relate counseling theories to an integrated style of counseling. Students will participate in self-development exercises and experiences relevant to various counseling approaches. Credit, 3 semester hours. PREREQ: PCN 500.

**PCN 526. Counseling in the Elementary School**

A study of counseling skills and techniques, particularly as related to situations encountered by elementary school counselors. This course is both didactic and experiential. Opportunities for classroom discussion, professional feedback about skills, and video taping. Credit, 3 semester hours. PREREQ: PCN 515 or instructor permission.

**PCN 541. Career Development through the Lifespan**

A counseling-oriented course designed to enable the student to understand the psychosocial dynamics of career development choices through the lifespan. Students will learn the major theories of career decision-making processes and the relationship between career development and lifestyle choices. Students will demonstrate career counseling techniques with individuals and groups. Students will be provided an opportunity to participate in role plays, activities, and extensive research projects. Credit, 3 semester hours. PREREQ: PCN 515

**PCN 544. Career Information in Educational Settings**

A study of knowledge and skills used in applying educational, career, and labor market information resources with an emphasis on career guidance and counseling techniques, methods, and technology in educational settings. Students will research national, state, and local employment projections and apply findings by creating a development and comprehensive career counseling center. Credit, 3 semester hours. PREREQ: PCN 541 or permission of instructor.

**PCN 555. Psychoeducational Methods**

A study of the basic theories of personality, learning, motivation, emotions, and coping related to problems of human adjustment within families, schools and other social systems. Students will learn models and will role-play coping skills intervention techniques of systems consultation and intervention, crisis counseling and consulting, and conflict mediation. Students will also participate in role playing, self-development, and values clarification exercises. Credit, 3 semester hours.

**PCN 560. Group Counseling**

Students will examine and practice applying the theories and procedures of group counseling and consultation with application to diverse school or agency settings. This course probes the dynamics of interpersonal relationships, the issues of group leadership, the stages of group process, the posing and solving of problems which are specific to group procedure, and professional, ethical, and legal issues related to group counseling. Credit, 3 semester hours. PREREQ: PCN 515

**PCN 565. Counseling Special Populations**

This course requires an in-depth study of the issues and techniques involved in counseling and consulting with diverse populations. Emphasis will be placed on developing self-understanding and demonstrating counseling skills in relation to ethnic, class, gender, and distinctive population issues. Students will be required to demonstrate understanding of a specific counseling or consulting case in which ethnic, class, gender, or distinctive population issues are paramount. Credit, 3 semester hours.

**PCN 570. Consultation and Case Management**

A study of the concepts, models, and methods of case management and consultation with parents and school personnel. Students will use knowledge gained in the course and additional readings to complete an applied project. Credit, 3 semester hours. PREREQ: PCN 515 or permission of instructor.

**PCN 575. The Professional School Counselor: Practices and Administration**

A study of current needs, issues, and trends in school counseling as related to various developmental levels and community social/cultural systems including the foundations of the public school system. This course is both didactic and experiential. Opportunities will be provided for classroom discussion. Students may choose an elementary, middle or secondary school emphasis. Credit, 3 semester hours. PREREQ: PCN 515 or permission of instructor.

**PCN 600. Thesis**

The student will complete a research study and prepare a master's degree thesis under the individual direction of a major advisor and thesis committee. Graded on a pass/fail basis. Credit, 3 semester hours. PREREQ: A contracted written plan should be approved no later than two weeks prior to registration by a faculty thesis sponsor.

**PCN 601. Counseling Research Project**

The Counseling Research Project is a directed, supervised research activity which involves a problem-solving approach to counseling or consulting problems. The student will develop and analyze a suitable topic, issue, or problem in counseling or consulting. The research subject must be one which can be addressed through the application of the knowledge and research skills gained from course work. Graded on a Pass/Fail basis. Credit, 3 semester hours. PREREQ: A contracted written plan should be approved no later than two weeks prior to registration by a faculty project sponsor.

**PCN 602. Professional Paper**

The student will complete a research study and prepare a paper suitable for journal publication or

presentation at a state or national conference. Close collaboration is required between the student and contracted faculty sponsor. Graded on a Pass/Fail basis. Credit, 3 semester hours. PREREQ: A contracted written plan should be approved no later than two weeks prior to registration by a faculty project sponsor.

#### **PCN 610. Counseling Skills Laboratory**

A laboratory experience providing an opportunity to practice counseling skills through video-taped micro-counseling and role playing counseling sessions. Written case reports and interpretations of sessions will be required as well as a final self-evaluation of counseling skills and a plan for improvement. Feedback will be provided by self, peers, and the instructor. Graded on a Pass/Fail basis. Credit, 3 semester hours. PREREQ: Completion of Core and Specialization requirements.

#### **PCN 611. School Counseling Internship**

In-depth study and supervised application of counseling and therapeutic intervention processes in a school setting. Students will demonstrate their ability to use theories and techniques in supervised counseling sessions. Students will present and defend portfolios documenting their counseling competencies. Graded on a Pass/Fail basis. Credit, 3 semester hours. PREREQ: Core, Specialization Requirements, and PCN 610.

#### **PCN 612. Agency Counseling Internship**

In-depth study and supervised application of counseling and therapeutic intervention processes in an approved agency setting. Students will demonstrate their ability to develop treatment plans, theories and techniques in supervised counseling sessions. Students will present and defend portfolios documenting their counseling competencies. Graded on a pass/fail basis. Credit, 3 semester hours. PREREQ: Core, Specialization requirements, and PCN 610.

#### **PCN 613. Practicum (no degree credit)**

Advanced students will complete 400 hours of supervised experience in an approved field setting. Students without a Class A teaching license may be required to take this course (in a school setting) in order to be licensed by the North Carolina State Department of Public Instruction. This course does not reduce the number of credit hours required for the master's degree. Graded on a Pass/Fail basis. Credit, 6 semester hours. PREREQ: Core, Specialization requirements, and PCN 611 or PCN 612.

#### **PCNS 5xx. Special Topics in Counseling**

This course will provide an opportunity for in-depth exploration of advanced areas and topics of interest. May be repeated for different topics. Credit, 3 semester hours.

## **II. PSYCHOLOGY (PSY)**

#### **PSY 505. Behavioral Research Methods**

An examination of research design and methods common in the behavioral sciences. Use of library resources, evaluation of behavioral research, and an introduction to statistics are included. Credit, 3 semester hours.

#### **PSY 510. Quantitative Methods in Counseling**

A study of the descriptive, correlational, and inferential statistics frequently used by counselors and consultants. The selection and application of procedures appropriate to specific types of counseling research, program evaluation, and the standardization and use of psychological and educational tests will be emphasized. Credit, 3 semester hours.

#### **PSY 531. Child and Adolescent Behavior Disorders**

A behavioral approach to the study of theory, research, and treatment of behavior disorders of children and adolescents. Students will demonstrate their abilities to develop case studies and treatment plans, and to consult with teachers and other mental health professionals. Credit, 3 semester hours. PREREQ: PCN 515 or instructor permission.

**PSY 536. Psychopathology**

A study of the history, theories, etiology, and treatment of mental disorders. Various disorders are examined along with their typical symptoms. Uses of psychological tests, interviews, and observations to obtain data for making diagnoses are studied. Students must demonstrate proficiency in using the current edition of DSM to make diagnostic impressions. Credit, 3 semester hours. PREREQ: PCN 515.

**PSY 545. Human Development and Personality**

A study of developmental and personality theory and research coupled with intensive study through observation and research of the age level most appropriate to the credential sought. There will be basic text on developmental and personality theory to provide a common core. This will be supplemented by extensive related reading and other appropriate activities. Credit, 3 semester hours.

**PSY 550. Psychological and Educational Testing**

A study of basic psychometric and non-testing assessment methods. The course will include an examination of the legal/ethical problems involved in testing and other issues of concern when testing diverse populations. Practical application of measurement concepts will be provided through the administration, interpretation, and evaluation of tests and non-testing appraisal techniques commonly used in counseling. Students will demonstrate their ability to develop test interpretations and to consult with parents, teachers, and other mental health professionals. Credit, 3 semester hours. PREREQ: PSY 505 and PSY 510 or instructor permission.

**PSY 580. Cognitive-Behavioral Counseling Approaches**

An in-depth study of the concepts, research, and methods of established cognitive-behavioral approaches to the facilitation of client development and change. Role playing and videotaping will be used to provide opportunities for skill development and feedback. Credit, 3 semester hours. PREREQ: PCN 515.

**PSY 585. Family Therapy Concepts and Methods**

A study of established systems of contemporary family therapy. Each approach will be examined in terms of leading figures, theoretical formulations, normal family development, development of behavior disorders, goals of therapy, conditions for behavior change, techniques, and evaluations of theory and results. Role playing and videotaping will involve both system specific and core techniques. Credit, 3 semester hours. PREREQ: PCN 515.

**PSY 590. Substance Abuse Research and Treatment**

A study of research, concepts, and treatment methods of alcohol and other drug abuse and addiction. Addiction is analyzed as a psychological, social, and biological process. Credit, 3 semester hours. PREREQ: PCN 515.

**PSYS 5xx. Special Topics in Psychology**

This course will provide an opportunity for in-depth exploration of advanced areas and topics of interest. May be repeated for different topics. Credit, 3 semester hours.