

## MASTER OF ARTS IN COUNSELING

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The JSC counseling program is designed to meet the needs of counseling personnel in public agencies, schools, and higher education institutions. It seeks to provide professionals with an understanding of and beginning proficiency in counseling theory and skills. Students in the counseling program can specialize in the following two areas:

School Guidance Counseling  
Clinical Mental Health Counseling

- College Counseling Strand
- Substance Abuse Strand

Students in the counseling program are required to complete the following:

- a core of required courses totaling 42 credits;
- additional specialization course work in the area of interest/specialization;
- a 3-credit elective course;
- a documented personal growth experience; and
- an 800-hour internship (600-hour internship for school counseling students) in a local agency, school, or college together with an accompanying 3-credit internship seminar.
- comprehensive exam and oral exit interview

No thesis is required. Whenever possible, the counseling faculty attempt to individualize the program to meet a student's specific career objectives. Individually designed internships are developed by working closely with area agencies, schools, businesses, and colleges.

Most courses are offered in the late afternoon or evenings, on weekends, and in the summer. Electives may be taken at JSC or at other approved institutions. The student's Plan of Study will address how these elective requirements will be met. Students generally require three to four years to complete the master's degree; all students are required to complete their programs in five years. Selected courses are open to non-degree students on a space-available basis.

### EXTENSION PROGRAMS

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The JSC program in counseling is looking to meet community demand for more trained counselors by offering new, creatively designed course work.

The JSC counseling program has engaged with outside training organizations to make academic credit available for students who participate in those training opportunities. We currently have affiliations with the New England Institute of Addiction Studies and the Vermont Vocational Rehabilitation for these purposes. Negotiations are underway with other organizations as well.

### ADMISSION

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Admission to the counseling program is a two-phase process. Candidates must meet general admission standards that allow enrollment in graduate courses. Applicants for the counseling programs are asked to address the following questions as the admission writing sample:

- 1) What interests you about being a counselor?
- 2) What previous experiences have you had with counseling? Discuss the type of experience, duration and the results or outcome.
- 3) What qualities or personal qualifications do you possess that will contribute to your effectiveness as a counselor?
- 4) Have you experienced any significant changes in your life-style, or major transitions in the past two years (e.g. divorce, separation, death of a loved one, job change, move, etc.). If yes, please discuss how you have coped, or are coping, with these changes. If not, no response is required.

Students must be interviewed by a member of the counseling faculty. Students are also strongly recommended to have completed undergraduate psychology courses, including at least one course in each of the following: introductory psychology, developmental psychology, and quantitative research methods.

Successful applicants to the Johnson State College counseling program should be able to demonstrate a history of significant work and life experience. Minimally, this should be at least two years of post-undergraduate work experience. Students who have completed their undergraduate work at Johnson State will be encouraged to consider other graduate program options.

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## ADVANCEMENT TO CANDIDACY

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Acceptance into the graduate counseling program does not guarantee acceptance as a degree candidate. To be advanced to candidacy for the degree, students must have:

- completed, with a B average or above, at least 36 of the 42 core course credits;
- filed a plan of study with the graduate office identifying elective course work and potential internship sites;
- submitted a written proposal to meet the personal growth experience requirement. (Students should begin meeting this requirement before the candidacy review occurs.)

The faculty of the graduate counseling program may defer candidacy until students complete any additional steps deemed necessary by the faculty to be fully prepared or capable of effectively carrying out professional counseling responsibilities. If, at the time of advancement to candidacy, a student has not sufficiently demonstrated, in the professional judgment of the faculty, the personal capacity to carry on the work of a counselor in agency or public school work, that student will be dismissed from the program.

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## PERSONAL GROWTH EXPERIENCE

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Counselor education involves two major components. First, counseling students learn the theory, methods, philosophy and values of the profession through course work and an internship. Second, students must be committed to learning as much as possible about themselves, because counseling relationships are more likely to be successful (i.e., of assistance to the client) if the counselor possesses a high level of self-awareness. Courses and internship requirements also address this second component.

This self-awareness component is also developed in a 50-hour personal growth experience during the program (after acceptance for course work and before graduation). Students work closely with their faculty advisor to identify appropriate experiences. A written proposal must be submitted to the faculty advisor for approval before the student begins such an experience. (The 50-hour requirement can be split among two or three activities.) The types of activities that could fulfill

this requirement include individual therapy, group therapy, personal awareness or growth workshops, self-help or support groups, and training workshops where growth is the focus.

The identification and completion of this requirement is the responsibility of each student in collaboration with his or her faculty advisor. The exact nature of each student's experience is a private matter. The only official notation in the student's file is that the requirement has been met.

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## INTERNSHIP

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The internship, which requires application of classroom knowledge, is the final, important chapter of the student's professional counseling development. Students must have advanced to candidacy and have completed 36 of the 42 core course credits before embarking on the internship. The 800-hour (600-hour internship for school counseling students) internship, which is worth nine credits, is typically a September-to-May learning experience.

The practicum seminar, which accompanies the internship, is three credits. The internship is generally a non-paid position.

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## LEARNING OUTCOMES

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Students will demonstrate appropriate content knowledge, interpersonal skills, and the practical application of interpersonal skills within professional standards.

# MASTER OF ARTS IN COUNSELING

## M.A. IN COUNSELING

Students in the counseling program must complete the requirements outlined below.

### CORE PROGRAM

The skills and theory emphasized in these courses are critical for any professional counselor, regardless of context. The following courses should be taken as sequentially as possible:

Courses		Credits
CSL-5010	Counseling Theories	3
CSL-5011	Career Counseling	3
CSL-5030	Laboratory Experience I	3
CSL-5910	Research Methods	3
CSL-5020	Counseling in Groups	3
CSL-5110	Counseling and Addictive Behaviors	3
CSL-5120	Family Counseling	3
CSL-5130	Psychopathology	3
CSL-5140	Legal and Ethical Issues in Counseling	3
CSL-5211	Lifespan Development	3
CSL-5212	Social & Cultural Foundations	3
CSL-6820	Internship	9
CSL-6720	Internship Seminar	3
CSL-6632	Evaluation and Measurement	3
CSL ----	Elective	3

### Additional Requirements

Personal Growth Experience

A Comprehensive Examination and Oral Exit Interview

### • School Counseling Specialization

CSL-5810	Fieldwork in School Counseling	3
CSL-5220	Organization and Administration of Guidance	3
CSL- ----	Elective	

portfolio development, they will be required to pass the general knowledge PRAXIS exam for licensure by the State of Vermont. Students should discuss these requirements with their advisors prior to beginning their school counseling internships.

### • Clinical Mental Health Counseling Specialization

College Counseling Strand

OR

Substance Abuse Strand

CSL-5160	Psychopharmacology	3
CSL-6050	Laboratory Experience II: Treatment Modalities	3
CSL-5830	Practicum in Counseling	3
<b>Total for M.A. in Counseling</b>		<b>60</b>

*School Counseling K-12 Praxis & Portfolio:* Students pursuing the school counseling licensure will be required to develop a portfolio including materials that offer information about themselves, their knowledge, skills, and professional accomplishments. In addition to the

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**COUNSELING (CSL)**

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## CSL-5010 COUNSELING THEORIES

3 CREDITS

The purpose of this course is to introduce the new graduate student to a variety of theories and approaches to counseling and psychotherapy. A number of theorists will be studied, representing psychodynamic, humanistic/existentialist, behavioral, cognitive, and eclectic orientations to the counseling process. Students learn to examine and identify points of both divergence and convergence among the major theoretical perspectives, with an emphasis on applying theoretical ideas to practical client issues. Students also are encouraged to begin to develop a personal awareness of which theorists from which schools they find most compelling and consistent with their own belief systems.

## CSL-5011 CAREER COUNSELING

3 CREDITS

This course assists the student to develop a personal approach to career counseling. This involves studying career theories and developing a personal theory of career counseling; exploring one's own process of life and career development utilizing a variety of approaches, including appropriate testing; learning a variety of strategies for assisting clients in the career development process across the life span; and becoming familiar with tests and computerized support services available to assist clients in the career development process.

## CSL-5020 COUNSELING IN GROUPS

3 CREDITS

Individual vs. group strategies as a means of working with people, and theory of group development and dynamics, as well as intervention and practice strategies, are discussed. The course also gives students experience in a small group process.

## CSL-5030 LABORATORY EXPERIENCE I

3 CREDITS

Students have an opportunity, in a supervised and controlled setting, to develop counseling skills which will, eventually, be utilized in work settings. Students use each other as clients and as supervisor and observers in this process. Formal approaches to skill development (e.g. Ivey's micro-counseling approach) serve as the basis for initial skill training.

## CSL-5040 ADVANCED TECHNIQUES IN COUNSELING

3 CREDITS

Prerequisite: CSL-5010, CSL-5030, CSL-5211

This course will explore the practical applications and theoretical underpinnings of several significant techniques used within the field of counseling. We will probe techniques pertinent to child counseling, family dynamics, and the integration of behavioral and cognitive approaches to psychodynamic psychology.

## CSL-5110 COUNSELING AND ADDICTIVE BEHAVIORS

3 CREDITS

Prerequisite: Permission of instructor

A survey of appropriate treatment strategies for working with a range of addictive behaviors, including chemical dependency, eating disorders, gambling, and sexual addiction.

CSL-5120 FAMILY COUNSELING 3 CREDITS

Prerequisite: CSL-5010, CSL-5030

This course focuses on developing systems intervention skills for working with family systems. Emphasis is on a developmental growth model in family counseling, providing students with a beginning understanding of applications in working with families. There is an opportunity for in-class application of skills.

CSL-5130 PSYCHOPATHOLOGY 3 CREDITS

Prerequisite: CSL-5010

This course serves to provide the counseling student with a practical understanding of psychopathology. It surveys theories of psychopathology, especially conceptualizations of the etiology of mental disorders, and considers the diagnostic categories codified in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-R). The major focus of the course, however, is on developing appropriate strategies for counseling the psychopathological client. Important among these strategies is learning to recognize when to refer clients for more intensive psychological evaluation and treatment.

CSL-5140 LEGAL AND ETHICAL ISSUES 3 CREDITS

Prerequisite: CSL-5010, CSL-5030

This course is designed to help students understand the legal and ethical issues they will encounter as counselors. Students are challenged to examine major issues within the field through discussion and case presentations. Students become familiar with the ACA Code of Ethics and Standards of Practice. The use of the ACA code, as well as other codes of ethics, will be used to assist students in developing ethical decision-making skills. Students are also introduced to the laws governing the counseling profession, including the distinction between legal, ethical, and clinical issues.

CSL-5160 PSYCHOPHARMACOLOGY 3 CREDITS

Prerequisite: CSL-5010, CSL5130

This course is intended as a survey of licit and illicit drugs which may be encountered in the counseling workplace. The student will learn about the classification and properties of specific drug groups, as well as of practical uses and abuse potential for these drugs. (This course is not required for school counseling students)

CSL-5211 LIFESPAN DEVELOPMENT 3 CREDITS

The purpose of this course is to examine the major theories of human development. Exploration of cognitive, psychological, social, emotional, and moral dimensions of development in infancy, childhood, adolescence, adulthood and the elderly are discussed. Students will be introduced to essential concepts, controversies, and research in the field, and they will practice observational methods. A comprehensive understanding of human development across the lifespan will provide participants with a developmental framework for the counseling process.

CSL-5212 SOCIAL AND CULTURAL FOUNDATIONS 3 CREDITS

Prerequisite: CSL-5211

This course is designed to examine multicultural factors and representations in counseling, including gender, ability, race, religion, ethnicity, age, class, and sexual orientation, as well as awareness of social and cultural diversity. A contemporary body of literature will be explored

including racial and ethnic identity models and competencies for multicultural counseling. Students will explore their personal cultural development and political socialization. This course will provide a setting for self-awareness, knowledge of diverse perspectives, and preparation for multicultural counseling skills.

CSL-5220 ORGANIZATION AND ADMINISTRATION OF GUIDANCE 3 CREDITS

This course seeks to articulate the professional identity of the school counselor and to introduce a number of issues regarding the administration and organization of a guidance system at the elementary and secondary school levels. The focus is on preventive and developmental guidance.

CSL-5810 FIELDWORK 3 CREDITS

Prerequisite: CSL-5010, 5030 and 5211

Fieldwork is the first practicum required for licensure as a guidance counselor in Vermont. It is a 180-hour observational experience, including 60 hours at the elementary school level, 60 hours at the middle school level, and 60 hours at the high school level. The student will "shadow" a professional counselor in each setting.

CSL-5830 PRACTICUM IN COUNSELING 3 CREDITS

This 200-hour experience, for those preparing for careers in mental health and substance abuse counseling, is designed to give the student a first-hand look at counseling work in an area human services agency. As a first field experience, this is meant to be primarily observational.

CSL-5910 RESEARCH METHODS 3 CREDITS

This course emphasizes report writing, analysis, and proposal development. Students learn to use the library as a research tool. Statistical analysis and applications of data are explored.

CSL-6010 ALTERNATIVE COUNSELING: THE LANGUAGE OF ASTROLOGY 3 CREDITS

This course will examine the tools, techniques, and language of astrology as a symbolic framework for conceptualizing client issues. Students will learn methodological principles for constructing natal and synastry charts, and will explore the empirical and mythological assumptions underlying their interpretations. Issues of ethics and credibility will also be discussed.

CSL-6020 DEATH, DYING, AND GRIEVING 3 CREDITS

This intensive, residential course will provide the student with an experiential and theoretical base for looking at issues related to death, dying, and grief recovery. The course will focus on working with people who are dealing with losses in their lives. The course will help students examine their own attitudes, values, and experiences of death and loss as a means of becoming more effective counselors.

CSL-6050 LABORATORY EXPERIENCE II: TREATMENT MODALITIES 3 CREDITS

Prerequisite: CSL-5010, CSL-5030

In this course, students build on and extend skills developed in CSL-5030. Practice and training is given in a variety of treatment modalities, and applied to a diverse range of client

situations and presenting issues. Students are encouraged to apply treatment modalities appropriate to the therapeutic context.

CSL-6110 COUNSELING CHILDREN 3 CREDITS

This course provides the counseling student with a practical application and extension of learning and psychopathology theory with children and adolescents. Through exploration of self-concept, moral development, social skills, abuse, multi-culturalism, and wellness, it will present an introduction to the process of facilitating healthy social, emotional, and academic development. An emphasis will be placed upon the counselor's role as a multi-faceted team member within a system (e.g., family, school, agency & community) working in conjunction with clinical as well as educational goals toward optimal health.

CSL-6632 EVALUATION AND MEASUREMENT 3 CREDITS

Prerequisite: CSL-5910

This course serves to provide students with a practical understanding of the principles of psychological and educational measurement. The course surveys important statistical concepts involved in measurement theory, including central tendency and variability, standard scores, reliability, and validity. Students review instruments used in the measurement of intelligence, achievement, attitudes, and personality.

CSL-6710 TOPICAL SEMINARS 3 CREDITS

This course is designed to help the counselor-in-training address the many diverse issues, concerns, and populations that may be encountered in the work setting. The topics addressed in this course may change from year to year or semester to semester to meet the ever-changing needs of our students and developments in the profession. Some examples of past Special Topics courses are: Holistic Counseling, Creative Therapies, Grant Writing, Body-Oriented Therapies, and Expressive Art Therapy.

CSL-6720 INTERNSHIP SEMINAR 3 CREDITS

The internship seminar is completed in conjunction with the internship, with the student signing up for 1.5 credits of seminar each semester (fall and spring). This seminar provides counseling students with support and supervision during their internship. Students develop skills to assist them in carrying out the responsibilities of the professional counselor.

CSL-6820 INTERNSHIP 9 CREDITS

The internship is a supervised work experience in a setting appropriate to the student's area of specialization. The internship is arranged with the assistance of the student's advisor and is supervised on-site by the agency supervisor, who must have appropriate credentials. The advisor and on-site supervisor assess the student's progress. Six-hundred hours are required, evenly divided between fall and spring semesters for school counselors. Eight-hundred hours are required for all others. Typically, course work is completed before commencement of the internship.

CSL-6910 INDEPENDENT STUDY 1-3 CREDITS

This course number is used to designate counseling independent studies which allow students to pursue intensive study in a specific area of mental health issues not addressed in-depth within program curriculum.