

# MINOR IN COUNSELING

The counseling minor allows undergraduates to learn basic concepts and skills used in the counseling profession including counseling theories and skills, substance abuse treatment and prevention, and case management. The minor will not lead to licensure or certification but is a sound foundation for students wishing to pursue a master's degree in counseling or other helping professions.

The counseling minor requires a minimum of 19 credit hours as follows:

Code	Title	Hours
<b>Required Course</b>		
COUN 1110	Fundamentals Of Human Mental Health	4
<b>Electives</b>		
Select 15 hours of the following (At least 8 hours must be at 3000 or 4000 level):		15
COUN 1240	Substance Abuse Issues In Mental Health	
COUN 2120	Group And Therapeutic Approaches	
COUN 2220	Family Theories And Cultural Influences In Mental Health	
COUN 3000	Cultural Competence in Health and Human Services Professions	
COUN 3110	Case Management In Mental Health	
COUN 3140	Substance Abuse Prevention And Community Programming	
COUN 3150	Models Of Treatment For Substance Abuse	
COUN 3220	Theories in Mental Health	
COUN 4080	Essentials Of Helping Relationships	
COUN 4240	Substance Abuse Treatment Techniques	
SPSY 3100	Psychological Testing and Assessment	
<b>Total Hours</b>		<b>19</b>

- PLO 1) Students will understand the fundamentals of human mental health including common counseling theories.
- PLO 2) Students will identify helping professions and careers where counseling skills can be applied.
- PLO 3) Students will be able to apply counseling theories and models of service delivery to diverse populations and various presenting mental health concerns.