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Counseling Program Mission Statement

To effectively manage the multi-faceted and complex challenges faced in today's society, individuals require effective maturation in self-concept and personal development, positive adjustment to social, cultural, familial and personal relationships, productive vocational skills, and mastery of the cognitive, behavioral and emotional dynamics that permeate the human experience.

For this reason, the Counseling Program has as its primary mission the preparation of a diverse group of learners from the Northern Kentucky region, the nation, and the world community who can competently and ethically implement wellness concepts, psychological principles, developmental understanding, theoretically based interventions, and counseling techniques to provide clients with the best opportunity to achieve a healthy functioning in the areas of educational, personal, social, and career development.

Working within the human services, mental health, and education fields demands well-rounded professionals. For this reason, program offerings and extracurricular activities challenge students to develop professionally, personally, and socially. Graduates of the Counseling Programs are prepared to deliver effective service in a variety of professional job placements (Mental Health Counseling and School Counseling) and are eligible to stand for licensure and/or certification in their respective area of specialty.

Counseling Program Learning Objectives

As a result of successfully completing the graduate program in counseling, students can expect to have gained didactic knowledge and supervised experience in skills, functions, beliefs and characteristics of effective counseling. The following broad learning objectives have been developed to assist students in gaining an overview of expected accomplishments:

Objective	Learning Experience	Key Objective Assessment
1. Professional Identity and Ethics – Demonstrate an understanding of the counseling profession, develop an identity as a counselor and demonstrate a willingness to provide counseling services within the ethical guidelines of the counseling profession.	COU 601 Legal and Ethical Issues in Counseling	KOA 1
2. Counseling Theory – Gain significant knowledge of major counseling theories in the context of individual and group counseling and apply this knowledge to the counseling process.	COU 641 Theories in Counseling and Psychotherapy	KOA 2
3. Helping Relationships – Demonstrate effective individual and group counseling techniques which facilitate client growth and demonstrate the ability to evaluate progress toward treatment goals.	COU 640 Counseling Techniques	KOA 3
4. Social and Cultural Diversity – Develop an awareness of, and an appreciation for, social and cultural influences on human behavior and recognize the impact of individual differences on the counseling process.	COU 610 Counseling Diverse Populations	KOA 4
5. Human Growth and Development – Develop an understanding of the aspects of human growth and an appreciation for the nature of human development and its integration within the counseling process.	COU 620 Human Development	KOA 5
6. Career Development – Develop an understanding of career development and related life factors and the effects on an individual's mental health and lifestyle and the application within counseling.	COU 630 Career Counseling	KOA 6
7. Group Counseling – Develop both theoretical and experiential understandings of group process, development, dynamics, group counseling theories, methods, skills, and other group approaches.	COU 650 Theories and Practice of Group Counseling	KOA 7
8. Assessment – Gain knowledge and skills in assessment techniques,	COU 660 Assessment and	KOA 8

including standardized instruments, interviewing, and suicide and risk of violence assessment, and apply concepts to individual and group appraisal.	Evaluation in Counseling	
9. Addictions – Gain knowledge and skills in assessment and treatment of individuals with addictive issues.	COU 675 Substance Abuse and Addictions	KOA 9
10. Research and Program Evaluation – Develop the ability to read, critique, evaluate, and contribute to professional research literature.	COU 680 Research Methods and Program Evaluation	KOA 10
11. Crisis Intervention – Demonstrate sufficient knowledge and skills associated with counseling in crisis settings and addressing trauma in clients.	COU 622 Crisis Intervention in Schools OR COU 674 Crisis Intervention	KOA 11B KOA 11A
12. Psychodiagnosis– Develop a working knowledge of psychodiagnosis, the ethical application and its effect on treatment and counseling practice.	COU 670 Diagnosis of Emotional & Mental Disorders	KOA 12
<i>Clinical Mental Health Objectives</i>		
13. Mental Health Systems – Demonstrate sufficient knowledge and skills associated with working in multi-disciplinary Mental Health care setting and have practical knowledge in the areas of service, prevention, treatment, referral, and program management.	COU 600 Orientation to Clinical Mental Health Counseling	KOA 13
14. Treatment – Develop a working knowledge treatment, the ethical application and its effect on counseling practice.	COU 671 Treatment Planning in Counseling	KOA 14
<i>School Counseling Objectives</i>		
15. Comprehensive School Counseling – Develop and demonstrate an understanding of the foundations of school counseling, including the school environment, educational processes, multifaceted prevention and interventions and effective program assessment skills to access and obtain data to evaluate intervention effectiveness.	COU 602 Orientation to Professional School Counseling	KOA 15
16. Evidence Based Counseling Services in the Schools – Evaluate school counseling efficacy related to closing the achievement, opportunity and attainment gaps. Identify instruments for measuring school counseling outcomes and use achievement related data to demonstrate school counselor efficacy.	COU 654 Data-Driven Comprehensive School Counseling	KOA 16
<i>Practical Application Objectives</i>		
PA1. Experiential Learning – Develop, through supervised practicum and internship experiences, an integration of the knowledge and skills needed to be successful as practicing counselors.	COU 690 Clinical Mental Health Practicum COU 693 School Counseling Practicum (100 clock hours) COU 691 Mental Health Counseling Internship (600 work experience hours) COU 692 School Counseling Internship (600 work experience hours)	Supervisor Evaluations
PA2. Personal Growth and Understanding – Develop, through self-reflection and insight, an understanding of oneself and the use of self in the counseling process. Develop a personal approach to counseling and client advocacy with a clear understanding of counselor functions.	Ongoing reflection, course integration, advising, professional monitoring and clinical supervision.	Continually Qualitatively Assessed.