



# New England College

## School of Graduate and Professional Studies

### **Master of Science in Mental Health Counseling and Master of Science in Human Services Course Descriptions**

\*MS in Human Services

#### **PS5510: Theories of Counseling\***

Theoretical and practical foundations of the psychotherapeutic process are presented in this course. Approaches to counseling will be explored with the primary focus on the brief treatment model emphasizing outcome-based interventions. Students will learn to establish and maintain the therapeutic frame, rapport, assess needs, and develop treatment plans through role play, case presentations and discussion. (3 credits)

#### **PS5210: Abnormal Psychology\***

Based on the DSM-IV, this course is designed to provide an in-depth examination of the etiology, diagnosis, and treatment methods associated with psychopathology. Students will gain an understanding of the social implications of psychiatric diagnosis, recovery, and stigma commonly associated with mental illness. The clinical application of these principles will be explored through case studies, role-play, and class discussions. (3 credits)

#### **PS5520: Counseling and Psychological Skills**

This course is a continuation of Theories of Counseling. Student will develop the skills to effectively design, implement, and evaluate counseling strategies that help the client enhance functioning in targeted areas. Emphases will be placed on the interpersonal dynamics inherent in the process, ethical issues, and technique. (3 credits)

#### **PS5140: Human Growth and Development\***

Building on a conceptual foundation of Piaget and Erickson, this course focuses on the application of contemporary thinking in the field. It considers human development from adolescence through late adulthood. Topics to be covered include heredity, environmental factors, and cognitive, emotional, physical, and psychosocial aspects of the developmental process. Current research will be examined and its applicability to treatment will be discussed. (3 credits)

#### **PS5530: Group Therapy**

Students will develop a thorough understanding of the theory and method of group therapy. The student will learn to think and intervene systemically in order to facilitate effective positive change in the individual through group dynamics. The ethical and professional issues inherent in this modality will be discussed. (3 credits)

**PS5910: Legal and Ethical Aspects of Human Service Management\***

This course will help students explore the relationship between the law and human service organizations. Legal duties and the rights of clients and providers will be discussed. The course will also provide a forum for the exploration and analysis of ethical questions and value dilemmas encountered by managers in human service. (3 credits)

**PS 5920: Testing and Assessment\***

Designed as a practical introduction to psychological testing and assessment, this course covers the basics in psychological assessment including statistical concepts used in testing, as well as test development, administration, scoring, and interpretation. Topics include intelligence, achievement, neuropsychological assessment, objective and projective personality testing, and testing of ability, aptitude, and attitudes. The course is designed to enable students to become competent and critical readers of testing data and research, to improve their knowledge of referral options, and to integrate testing data in treatment planning and therapy. (3 credits)

**PS5990: Substance Abuse and Addiction in the Counseling Field\***

This course is designed to provide mental health counselor and human services students with an overview of substance abuse and dependency. This course examines the various etiological factors that contribute to substance abuse and dependence, including neurobiological, genetic, psychological, socio-cultural, environmental, spiritual, and contextual factors. Emphasis will be placed on a biopsychosocial model, highlighting the inter-relationship between such factors. Special emphasis will be placed on comorbid disorders, differential diagnostic issues, and the various methods used to evaluate substance use problems. Historical & contemporary treatment modalities will be reviewed, including detoxification, self-help philosophies, assessment techniques, individual, group and family modalities, dynamics of motivation, and relapse prevention. Barriers to effective treatment will also be discussed. This course examines the various aspects of professional practice, including case management functions, record keeping, report writing, consent to treatment, confidentiality and disclosure.

**PS6180: Program Planning and Evaluation\***

It is essential for practitioners to determine whether the mental health services they are providing really help the people they are intended to serve. Students will develop skills in the areas of program evaluation, needs assessment and outcome measurement. They will learn the most effective tools and tasks associated with examining, appraising, analyzing and demonstrating program performance. (3 credits)

**PS6960, PS6970 & PS6980: Internship Seminar I, II & III**

This course is intended to facilitate students' development during the completion of their Master's level 600 hour clinical internship requirement (250 face-to-face client contact hours are required for completion). It is designed to support the direct internship clinical experience of the internship placement. This will occur via feedback & discussion with peers and faculty in a small group format on a regular basis, as well as through the texts and supplemental articles provided by the instructor and class. Students will demonstrate their internship experience and skills by discussion, audio & videotaping, journaling, periodic written assignments and the completion of a final project. By the end of this seminar, students will be able to state that they have experienced an increase in their theoretical framework and will demonstrate an understanding and utilization of concepts concerning assessment, treatment planning, counseling, and ethical issues. Students will gain an awareness of the use of self in counseling and the implications of this, and will be able to identify the next steps for themselves along the road of continued professional growth. A capstone experience/final project will be a component of Internship Seminar III. (5 credits each)

**PS6190: Multicultural Issues in Mental Health\***

This course is designed to promote development of a theoretical and practical framework for effective delivery of mental health services within the context of multiculturalism. In addition to exploring the effects cultural diversity has on helping relationships, this course will examine the relationship that ethnicity, gender, sexual orientation, religion, minority status, aging, and disability in understanding multicultural factors. Students will identify practice-based strategies that address cultural challenges to service delivery including the impact of individual prejudices and discrimination. (3 credits)

**PS6911: Crisis Intervention\***

Focusing on the growing need for skills in crisis management, this course will help students build competency in the handling of emergency or crisis situations in the field of mental health. In addition to course content, students will complete emergency contact hours and evaluations under the supervision of the instructor, allowing them to integrate theory and technique with actual clinical experience. Students will learn skills in crisis intervention, as well as legal and ethical issues specific to the area of emergency service. (3 credits)

**PS7010: Family Systems Therapy**

This course will introduce students to Family Systems Theory from both a theoretical and practical framework. Family Systems psychotherapy focuses on the family, rather than a single individual, as the source of problems; family therapists challenge communication styles, disrupt pathological family dynamics, and challenge defense conceptions in order to harmonize relationships among all members and within each member. Course is designed so that students will have experience with the clinical application of family systems therapy, be able to conceptualize cases from this format, and evaluate families for the utility of this treatment approach. (3 credits)

**PS6350: Career Development\***

Theories and stages of career development will serve as the foundation for an exploration of life planning and career development. Career planning will be considered as a process of continuous self –assessment, careful selection, skill development, goal setting, and decision-making. The course will examine career development from the dual perspective of personal development. (3 credits)

**PS6620: Research Methods**

The elements of research design and basic qualitative and quantitative methods will be studied in the context of community mental health practice and programs. Issues related to research problem formulation, project feasibility, ethics, and presentation of data and writing will also be addressed. Students will develop theoretical bases and techniques for conducting their own research. (4 credits)

**PS6049: Human Services Capstone\* (Human Service's only)**

This course will culminate the MS in Human Service's degree program. The student will investigate an issue relevant to the Human Service's profession, and perhaps be an issue with specific relevancy to the student's workplace. Students will take the course as a class, which allows for some collaboration in regards to shared information in topic selection, research methodology and sources. However, the student will submit an original and individual project to be graded by the capstone advisor. As part of the final grade in capstone, the student will make a formal presentation, encapsulating the written project. (4 credits)