

# COUNSELING (CNS)

## Master of Arts in Counseling Master of Arts in Human Services Overview

The Master of Arts in Counseling degree is awarded to candidates who successfully complete a minimum of sixty semester hours in a planned and directed program of study. The program consists of a common core of courses to provide knowledge in eight areas: human growth and development, social and cultural foundations, helping relationships, group work, career and lifestyle development, appraisal, research and program evaluation, and professional orientation. The program also supplies clinical instruction with practicum and internship experiences. In addition, students must select a program specialty area-school counseling, clinical mental health counseling, or addiction counseling-in which they complete their internships and take courses that assure at least entry-level competence.

Continuance in the program and admission to candidacy are based on success in academic courses and on personal, ethical, and performance considerations.

Graduates are eligible to sit for the National Counselor Examination. Those who complete the school counseling program are eligible to apply for licensure with the public schools of North Carolina.

### Admission to the Program

Admissions decisions are based on consideration of a combination of criteria: college grade-point average, recommendations, professional commitment, work or volunteer experience in the human services field, and suitability for the profession. Applicants being considered for admission are required to have a personal interview with a program representative. Candidates for the counseling program are not required to have a specific undergraduate major or minor.

Beginning the Spring 2025 term, to confirm enrollment to Wake Forest University's Online Counseling program, admitted students must pay a deposit of \$250. All admission deposits are nonrefundable and must be submitted when the student accepts their offer of admission in their admissions portal. The applicable deposit is credited to the student's charges for the semester for which the student has been accepted.

### Criminal Background Check

Acceptance to the program will be contingent on the successful completion of a criminal background check. The background check is standardized and mandatory for all students. Any student who has a criminal offense documented through this procedure will have to address this on a case-by-case basis with the Program Director and Department Chair. Areas of concern may include, but are not limited to, felony convictions, especially those involving harm to others, theft or fraud convictions, and patterns of misdemeanors other than moving traffic violations.

### On Campus and Online Programs

There are three counseling tracks offered through the Department of Counseling: the school counseling track, the clinical mental health counseling track, and the addiction counseling track. Each is offered on campus and via online delivery systems. The campus programs are for full-time students. Applications are accepted for entry into the on-campus programs for the fall semester only. The online programs are for part-

time students. Applications are accepted for entry in the online programs for the fall, spring, and summer semesters. Course and admission requirements for on-campus and online students are the same.

### Master of Arts in Counseling - School Counseling

The school counseling track provides prospective school counselors with the knowledge, skills, and competence necessary to establish and conduct effective developmental guidance and counseling programs in schools, kindergarten through the 12th grade. The course of study which leads to a license in school counseling in North Carolina is based on the requirements of the North Carolina Department of Public Instruction and is accredited by the Council on Accreditation of Counseling and Related Educational Programs (CACREP). School counseling students are not required to hold a teacher's license to enter the program.

### Master of Arts in Counseling - Clinical Mental Health Counseling

In the clinical mental health counseling track, students are prepared for counseling in a wide variety of community settings and agencies. The course of study is accredited by the Council on Accreditation of Counseling and Related Educational Programs (CACREP).

### Master of Arts in Counseling - Addiction Counseling

In the addiction counseling track, students are prepared for counseling in addiction recovery settings and in a variety of community settings and agencies. The course of study is not yet accredited by the Council on Accreditation of Counseling and Related Educational Programs (CACREP).

### Master of Arts in Human Services (Online Only)

The Master of Arts in Human Services degree is offered by the Department of Counseling via online delivery only. The degree is awarded to candidates who successfully complete a minimum of 39 semester hours in a planned and directed program of study. The program consists of 30 hours of courses in common with the Master's in Counseling program, an additional 6 hours of specialized study in human services administration and programming, and 3 hours of field experience. Applications are not currently being accepted for entry in this program.

### Residency Requirements – Online Only

Two Thursday night through Sunday at noon residency experiences are required for online classroom students. These face-to-face sessions will allow faculty to engage in competency and readiness evaluations as well as to plan and evaluate practicum and internship arrangements. Students will also complete the experiential group requirements at this time. Dates will be announced six months in advance.

## Programs

- Counseling, MA (<https://bulletin.wfu.edu/graduate/programs/degree-programs/counseling/counseling-ma/>)
- Counseling, MDiv/MA (<https://bulletin.wfu.edu/graduate/programs/dual-degrees/counseling-mdiv-ma/>)

## Courses

*All courses listed are open to counseling students only unless otherwise noted.*

**CNS 721. Research and Statistical Analysis in Counseling. (3 h)**

Qualitative and quantitative research methods. Analysis and evidence-based evaluation of research-based literature in the counseling field. Grant writing. Program evaluation. Descriptive, Inferential, parametric and non parametric statistical procedures involved in research.

**CNS 723. Statistical Analysis for the Helping Professions. (3 h)**

Descriptive and inferential (parametric and nonparametric) statistical procedures involved in research. Computer methods for statistical analysis. Counseling students only.

**CNS 736. Appraisal Procedures for Counselors. (3 h)**

Appraisal, assessment, and diagnosis of personality, emotional, intellectual, and learning characteristics and disorders of clients in schools, colleges, and community human service agencies. Use of tests in counseling as an adjunct to clinical impressions.

**CNS 737. Basic Counseling Skills and Techniques. (3 h)**

Basic communication skills, helping relationships, and strategies for personal change. Issues and ethics in counseling.

**CNS 738A. Counseling Practicum - School. (3 h)**

Supervised experience for the development of individual and group counseling skills under individual and group supervision in a school or clinical mental health agency. Involvement in direct service work and activities similar to those of regularly employed professional staff. P-CNS 737.

**CNS 738B. Counseling Practicum - Clinical Mental Health. (3 h)**

Supervised experience for the development of individual and group counseling skills under individual and group supervision in a school or clinical mental health agency. Involvement in direct service work and activities similar to those of regularly employed professional staff. P-CNS 737.

**CNS 739. Advanced Counseling Skills and Crisis Management. (3 h)**

Topics covered will be advanced and specialized counseling interventions including crisis intervention, suicide prevention, and emergency management models. Students will be required to demonstrate appropriate skill level. P-CNS 737.

**CNS 740. Professional Orientation to Counseling. (3 h)**

Covers the history, roles, organizational structures, ethics, standards, specializations, and credentialing in the profession of counseling. Public policy processes and contemporary issues are also considered.

**CNS 741. Theories and Models of Counseling. (3 h)**

Study of theories and approaches to professional counseling: psychoanalytic (Freud, Adler, Jung), person-centered (Rogers), existential (May, Frankl), behavioral (Skinner, Glasser), cognitive/rational (Ellis), holistic/systemic, eclectic. Professional orientation, issues, ethics, cultural pluralism, and trends in counseling.

**CNS 742. Group Procedures in Counseling. (3 h)**

An experiential and conceptual exploration of the psychological dynamics and interpersonal communication of small groups, including group structure, leadership models, group process and practice, stages of group development, group techniques, and ethical principles.

**CNS 743. Career Development and Counseling. (3 h)**

Vocational development throughout life; psychological aspects of work; occupational structure and the classifications of occupational literature; theories of vocational choice and their implications for career counseling.

**CNS 744A. Counseling Internship I: School. (2-3 h)**

Supervised counseling experience in a school, college, or community agency under a regularly employed staff member professionally trained in counseling. Observation of and active participation in direct service work to clients. Monitoring of audio or videotaped interviews. Case review. P-CNS 738.

**CNS 744B. Counseling Internship I: Clinical Mental Health. (2-3 h)**

Supervised counseling experience in a school, college, or community agency under a regularly employed staff member professionally trained in counseling. Observation of and active participation in direct service work to clients. Monitoring of audio or videotaped interviews. Case review. P-CNS 738.

**CNS 744C. Counseling Internship I: Addiction. (2-3 h)**

Internship is a supervised counseling experience in a school, college, addictions recovery setting, community agency, or medical center in which students provide direct counseling services and engage in activities relevant to their counseling specialty area. P-CNS 738.

**CNS 745A. Counseling Internship II: School. (2-3 h)**

Supervised counseling experience in a school, college, or community agency under a regularly employed staff member professionally trained in counseling. Observation of and active participation in direct service work to clients. Monitoring of audio or videotaped interviews. P-CNS 744.

**CNS 745B. Counseling Internship II: Clinical Mental Health. (2-3 h)**

Supervised counseling experience in a school, college, or community agency under a regularly employed staff member professionally trained in counseling. Observation of and active participation in direct service work to clients. Monitoring of audio or videotaped interviews. P-CNS 744.

**CNS 745C. Counseling Internship II: Addiction. (2-3 h)**

Internship is a supervised counseling experience in a school, college, addictions recovery setting, community agency, or medical center in which students provide direct counseling services and engage in activities relevant to their counseling specialty area. P-CNS 744.

**CNS 746. Counseling Children. (3 h)**

Theory and practice of counseling with children in schools and community agencies. Elementary school counseling; models, methods, and materials. Counseling children with special emotional, learning, psychological, or behavioral concerns.

**CNS 747. Cultures and Counseling. (3 h)**

The influence of culture in human development and in counseling relationships. A study of personal and ethnic diversity and commonality.

**CNS 748. Life Span Development: Implications for Counseling. (3 h)**

Examination of major theories and principles of human development across the life span, including physical, psychological, intellectual, social, and moral perspectives.

**CNS 749. School Guidance and Counseling. (3 h)**

The organization and management of comprehensive school guidance and counseling programs. Individual and group counseling, consultation, coordination, and collaboration in student services in schools. Program development in elementary, middle, and secondary schools.

**CNS 750. The Vienna Theorists-Freud, Adler, Moreno and Frankl. (3 h)**

Examination of the original writings of four of the leading theorists of modern counseling, which is enhanced by a visit to the city in which they initially formulated their clinical ideas. Students read and discuss several original writings of each practitioner-Freud, Adler, Moreno, and Frankl-prior to and during a two-week stay in the Wake Forest University Flow House in Vienna during which they visit relevant historical sites and institutes.

**CNS 752. Human Services Administration. (3 h)**

This course will focus on the knowledge, theory, and skills used in the administrative aspects of the human services delivery systems including organizational management, supervision, strategic planning, budgeting, grant and contract negotiation, and legal/regulatory issues. The course also covers managing the professional development of staff, recruiting and managing volunteers, and advocacy techniques. P-CNS 737, 741, and 742.

**CNS 753. Human Services Program Planning and Evaluation. (3 h)**

This course will focus on the range and characteristics of human services delivery systems and major conceptual models used to integrate prevention, maintenance, intervention, and rehabilitation and healthy functioning. The course includes the history of human services as well as the systematic analysis of service needs. The course also covers the selection of strategies or interventions and the evaluation of outcomes. P-CNS 737, CNS 741, and CNS 742.

**CNS 754. Human Services Field Experience. (1-3 h)**

Field experience is a learning experience in a human services delivery organization in which the student will complete 350 hours of on-site volunteer work with an agency. Students, university supervisors, and on-site partners will determine the student's role, activities, outcomes, and instructional needs based on placement site possibilities. P-CNS 752 and CNS 753.

**CNS 755A. Counseling Internship III: School. (2 h)**

Internship is a supervised counseling experience in a school, college, addictions recovery setting, community agency, or medical center in which students provide direct counseling services and engage in activities relevant to their counseling specialty area. P-CNS 745A.

**CNS 755B. Counseling Internship III: Clinical Mental Health. (2 h)**

Internship is a supervised counseling experience in a school, college, addictions recovery setting, community agency, or medical center in which students provide direct counseling services and engage in activities relevant to their counseling specialty area. P-CNS 745B.

**CNS 755C. Counseling Internship III: Addiction. (2 h)**

Internship is a supervised counseling experience in a school, college, addictions recovery setting, community agency, or medical center in which students provide direct counseling services and engage in activities relevant to their counseling specialty area. P-CNS 745C.

**CNS 760. Issues in School Counseling. (3 h)**

This course is designed to allow students to investigate current issues related to the practice of school counseling. The emphasis will be on identifying appropriate prevention responses to these issues. Counseling students only.

**CNS 762. Case Formulation and Treatment Planning in Clinical Mental Health Counseling. (3 h)**

Examines case conceptualization (e.g., assessment, diagnosis) and treatment planning in clinical mental health counseling settings as well as contemporary issues related to clinical mental health counseling. Explores ethical and professional considerations for counselors' interfacing with the legal system and in integrated behavioral health settings.

**CNS 763. Specialized Study in Counseling. (1-3 h)**

Exploration of special topics or areas of practice in the field of counseling. a. School Guidance and Counseling b. College Student Development Services Counseling c. Mental Health Counseling d. Marriage and Family Counseling e. Business/Industry Counseling f. Correctional Counseling g. Career Counseling h. Rehabilitation i. Adult Development/Aging j. Religious Counseling k. Health Counseling l. Multicultural Counseling m. Holistic Counseling n. Tests, Measurements and Interpretation.

**CNS 764. Creative Arts in Counseling. (1-3 h)**

Examines history, theories, processes, and techniques of using the creative arts in counseling with clients throughout the life span. Particular attention is given to the visual and verbal arts, such as drawing, imagery, photography, cartooning, cinema, movement, dance, literature, drama, and music.

**CNS 765. Addiction Counseling. (3 h)**

Introduces the concepts of chemical dependency, counseling procedures and techniques, and treatment considerations. The student has opportunities to apply models of chemical dependency counseling to hypothetical situations at various stages of substance use.

**CNS 766. Crisis Prevention and Response. (3 h)**

This course will present counseling approaches which effectively address crises. The course will examine the characteristics and impact of trauma and crisis and potential neurobiological responses. Students will gain knowledge and skills useful in theory-based prevention and response models and community-based strategies for a diverse society. Students will also explore counseling and human service contexts for application of assessment and intervention approaches in addressing specific crisis situations.

**CNS 767. Human Sexuality. (3 h)**

This course is designed for counseling students whose work will bring them into contact with clients experiencing problems and concerns with their sexuality. The course is designed to develop: a) students' knowledge base related to human sexuality, b) an understanding of the varied sexuality issues which may be encountered in professional counseling practice, c) students' skills in assessment and intervention skills with sexuality issues and d) increased awareness of one's personal perceptions, attitudes and affect related to sexuality issues. Course participants will become more effective in identifying, assessing, and intervening with human sexuality related counseling issues.

**CNS 768. PsychoPharmacology for Counselors. (3 h)**

Students will learn the basic principles of psychopharmacology, pharmacokinetics, and neurobiology as they pertain to their role as a professional counselor. They will learn how psychopharmacological drugs are classified, prescribed, and managed. The information presented in this course will prepare student to function as knowledgeable members of multi-disciplinary treatment teams serving clients seeking counseling services. Finally, students will gain knowledge about the important and complex ethical and legal issues that surround the use of psychopharmacological drugs.

**CNS 769. Advanced Counseling in a Diverse Society. (3 h)**

An advanced investigation into the complex elements of racism, social justice, and advocacy in the counseling relationship and beyond. An exploration of systemic disparities (ex. food deserts and health care) as well as anti-racist perspectives and actions in a diverse society, further promoting an in-depth personal and professional examination of implicit and explicit biases.

**CNS 770. Classification of Mental and Emotional Disorders. (3 h)**

Analyzes healthy and unhealthy personality, as well as developmental and situational problems in adjustment. Studies the classification of mental disorders, as defined by the American Psychiatric Association in the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders. Examines appropriate ways in which diagnosis can be utilized by counselors to explore personality and systemic interventions for career, educational, and relationship concerns.

**CNS 771. Clinical Mental Health Counseling. (3 h)**

History, philosophy, organization, management, and delivery of counseling services in various clinical mental health settings. Preventative, developmental, and remedial strategies for use with various populations.

**CNS 772. Marriage and Family Systems. (3 h)**

Study of the institutions of marriage and the family from a general systems perspective. Exploration of how changes in developmental and situational aspects of the family life cycle influence individuals within the systems of marriage and the family. Both horizontal and vertical dimensions of change are focused on through the use of genograms. Different forms of family lifestyles, such as dual career, single parent, and blended are covered.

**CNS 773. Family Counseling. (3 h)**

Examination of the philosophy and goals of seven major theories of family counseling (Bowenian, Adlerian, psychodynamic, experiential/humanistic, behavioral, structural, strategic) as well as the development of the profession of family counseling from a historical and current trends perspective. Differences between family counseling and individual/group counseling are highlighted and ethical/legal considerations for working with family units are stressed. Techniques associated with theories are demonstrated through video and play simulations. Research methods for gathering data on families are highlighted.

**CNS 774. Marriage Counseling. (3 h)**

Study of the philosophy and goals of six main theories of marriage counseling (psychoanalytic, social learning, Bowenian, structural-strategic, experiential/humanistic, and rational-emotive) and the techniques associated with each. Historical and current trends associated with the field of marriage counseling are explored, along with related issues such as premarital counseling, family-of-origin influences within marriage, and widowhood. Appropriate marriage assessment instruments, research methods, and ethical/legal questions involved in marriages counseling are addressed.

**CNS 775. Marital and Family Health and Dysfunctionality. (3 h)**

Examines system and individual dynamics associated with marital and family health and dysfunctionality. Longitudinal research on factors connected with healthy, long-term marriages and functional family life are explored. Interactive patterns that lead to such marital and family dysfunctionality as spouse and child abuse, anorexia nervosa, addictive disorders, and dependency are examined.

**CNS 776. Assessment and Treatment Planning in Addictions. (3 h)**

Examines screening, assessment, and diagnosis of addiction and co-occurring disorders. P-CNS 765, POI, or a masters degree in the counseling field.

**CNS 777. Addictions Counseling Skills. (3 h)**

Explores the development of skills for individual and group counseling with persons diagnosed with addictive and co-occurring disorders.

**CNS 778. Addiction and the Family. (3 h)**

Explores the influence of addiction on family systems. Covers knowledge and skills for assisting individuals and families with substance abuse and addiction. P-CNS 765, POI, or a masters degree in the counseling field .

**CNS 780. Professional, Ethical and Legal Issues in Counseling. (2 h)**

Provides an overview of the critical professional issues in counseling with emphasis on current ethical, legal, and values-related questions and the relationship of these issues to the counselor's role in training, supervision, consultation, appraisal, and research. P-Advanced graduate standing or permission of instructor.

**CNS 782. Developmental Counseling Psychology. (3 h)**

Theoretical, research, and methodological aspects of a developmental/holistic/systems framework for counseling. Integration and application of major theories and approaches to counseling.

**CNS 786. Consultation and Technology in Counseling.. (2 h)**

This course examines the theory and application of consultation in counseling! including consultation with families, schools, colleges and community agencies. The course also explores technologies used in counseling practice, and the ethical and practical implications of engaging in technology assisted counseling such as distance counseling.

**CNS 790. Professional Identity Capstone. (2 h)**

Review and application of counseling skills, settings, practice parameters and other current issues necessary to integrate students into the profession of counseling. P-CNS 744.

## Faculty

Program Directors Erin E. Binkley and Jamie E. Crockett

Online Program Director Allison M. Forti

Associate Online Program Director Seth C. W. Hayden

Professor Emeriti Samuel T. Gladding, Donna A. Henderson, Deborah W. Newsome

Professors Nathaniel N. Ivers, Mark B. Scholl, José A. Villalba

Associate Professors Erin E. Binkley, Donald R. Casares, Jamie E.

Crockett, Michelle R. Ghoston, Seth C.W. Hayden, David A. Johnson, Jennifer L. Rogers

Assistant Professors Isabell C. Farrell, Jasmine Graham, Tameka Grimes, Amy L. Grybush

Associate Teaching Professors Tammy H. Cashwell, Philip B. Clarke, Nikki C. Elston, Allison M. Forti

Assistant Teaching Professors Sharon B. Jones, Sarah A. Moore, Saundra L. Penn, Kenneth W. Simington, George Stoupas, Brittany E.

Wyche

Clinical Program Manager Carla Emerson