

# COUNSELING (CNS)

The Department of Counseling offers courses at the graduate and undergraduate levels.

The Health and Human Services minor allows students to learn basic concepts and skills applicable to allied helping fields that are identified as health and human services. The goal of health and human services work is to improve the quality of life for those who are served and facilitate positive changes for individuals and communities. Therefore this minor focuses on knowledge and abilities for the service professions such as counseling, social work, medicine, dentistry, health policy, allied medical sciences, athletic training, physical therapy, and health promotion. Students supplement their major field of study by learning skills related to health and human services.

## Contact Information

Department of Counseling (<http://college.wfu.edu/counseling/>)  
Carswell 216, Box 7406  
Phone 336-758-6502

## Programs Minor

- Health and Human Services, Minor (<https://bulletin.wfu.edu/undergraduate/departments-programs/counseling/minor-health-human-services/>)

## Courses Counseling (CNS)

### CNS 253. Peer Education. (2 h)

Investigation into the creation, implementation, and evaluation of a peer education program. Covers general peer education competencies including programming strategies, behavior change models, and assisting distressed peers.

### CNS 334. Ethics in Health and Human Services. (3 h)

Investigation of the ethical parameters of health and human services work. Topics include least restrictive interventions, privacy, human dignity and compassionate service. NOHS standards will be studied. (EI)

### CNS 335. Health and Human Services in a Diverse Society. (3 h)

Covers the range and characteristics of health and human services systems and organization, the populations served and their needs and the models for prevention, maintenance, intervention, rehabilitation and healthy functioning. (CD, POR)

### CNS 337. Skills in Human Services. (3 h)

Introduction to communication skills of listening, reflecting, questioning, and problem-solving. These skills will be examined and practiced using role play and simulations with individuals and groups.

### CNS 340. Professional Orientation to Health and Human Services. (3 h)

Provides an overview of health and human services including history, roles, organizational structures, ethics, standards, specializations, and credentialing. Public policy processes and contemporary issues are also considered.

### CNS 342. Group Procedures. (3 h)

A conceptual exploration of the psychological dynamics and interpersonal communication of teams and systems including structure, leadership models, process and practice, stages of development, techniques, and ethical principles.

### CNS 350. Wellness and Prevention. (3 h)

An investigation of holistic approaches to wellness and prevention; frameworks for increasing positive well-being through empirically supported, strength-based concepts; levels of prevention across applied health and human services settings.

### CNS 352. Addiction. (3 h)

An exploration of the causes of addiction and pathways to recovery. Medical aspects of addiction and the impact of addiction on the brain and body, theories and models of addiction and recovery, and diagnosis and treatment of persons with substance abuse and co-occurring disorders are considered.

### CNS 353. College Student Development. (2 h)

A course of study for resident advisors that provides the skills and knowledge necessary to work successfully with college students in a residence environment. Includes student development theory, coping with behavior problems, crisis management, mediating conflict, and other issues. P-Prerequisite override required.

### CNS 364. Creative Arts in Counseling. (3 h)

Examines the history, theories, processes and techniques of using the creative arts in counseling with clients throughout the lifespan. Attention is given to the visual and performing arts such as drawing, imagery, photography, cartooning, cinema, movement, dance, literature, drama and music. Juniors and Seniors only.

### CNS 396. Independent Study. (1-3 h)

Independent study with faculty guidance. May be repeated for up to 6 credit hours. By prearrangement.

## Faculty

**Chair** David A. Johnson

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

**Associate Professors** Erin E. Binkley, Donald R. Casares, Jamie E. Crockett, Isabel C. Farrell, Michelle R. Ghoston, Seth C. Hayden, David A. Johnson, Jennifer L. Rogers

**Assistant Professors** Jasmine Graham, Tameka Grimes, Amy Grybush

**Teaching Professor** Allison M. Forti

**Associate Teaching Professors** Tammy H. Cashwell, Philip B. Clarke, Nikki C. Elston, George Stoupas

**Assistant Teaching Professors** Sharon Jones, Sarah A. Moore, Saudra Penn, Kenneth Simington, Brittany Wyche

**Visiting Assistant Professor** Jabari Adams

**Clinical Program Manager** Carla H. Emerson

**Assistant Clinical Program Manager** Brittany Hall