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Counseling and Rehabilitation Education

The Counseling and Rehabilitation Education program offers graduate studies leading to the Master of Science degree with a concentration in Clinical Mental Health Counseling or Clinical Rehabilitation Counseling. The purpose of the graduate program is to prepare professional counselors to engage in professional practice and research in their program areas of interest. The program coursework meets the educational requirements to allow students to apply for certification and licensure in many but not all states. A certificate program that prepares students to sit for the Certified Alcohol Drug Counselor examination in Illinois is offered for graduate students who choose to take the required additional courses.

Mission

The Counseling and Rehabilitation Education (CARE) program promotes the professional development of graduate students to prepare them to provide ethical, culturally inclusive practices that sustain and empower those using counseling services. To meet the mission statement, faculty commit to:

1. Staff professionalism: pledging to maintain rigorous standards for education, training, and clinical practice.
2. Respect for others: demonstrating an appreciation for the uniqueness and cultural differences of each individual.
3. Relevance in teaching: learning experiences will reflect evidence-based practices; they will be relevant and purposeful.
4. Innovation in learning: Graduate students develop understanding through inquiry, use of new technologies, creative problem solving, and critical thinking skills.
5. Expanding graduate student potential: Learning experiences will promote the emotional, relational, and academic potential of all graduate students.

Objectives

Faculty in the program recognize the uniqueness of human beings and are dedicated to helping graduate students obtain the knowledge, skills, and experiences necessary to work with a wide range of clientele. Through a combination of course and clinical experiences, SIUC CARE graduates will demonstrate the behaviors and possess the attributes which are required of competent, professional counselors:

1. CARE graduates demonstrate the content knowledge and dispositions necessary to be effective counselors and social justice advocates in their specialty areas.
2. CARE graduates appropriately respond to the unique combination of cultural variables, including ability, age, beliefs, ethnicity, gender, gender identity, race, level of acculturation, and socioeconomic status, that influence the counseling process.
3. CARE graduates understand that human development occurs in critical contexts that are influenced by a person's race, ethnicity, religion, and factors such as poverty, loss, developmental and physical trauma, and access to resources.
4. CARE graduates conceptualize the career decision-making process as developmentally influenced, and individually determined.
5. CARE graduates value the influence of a strong working alliance built upon honesty and trust, in achieving success in the therapeutic relationship.
6. CARE graduates differentiate between theories of group counseling and utilize effective interventions and leadership skills in facilitating several types of groups.

7. CARE graduates possess an understanding of developmentally and culturally appropriate approaches to assessment and testing.
8. CARE graduates value the use of statistically supported, evidence-based psychoeducational and psychotherapeutic interventions in their practice.
9. CARE graduates who specialize in clinical mental health counseling promote the development of healthy coping capacities and support systems, for individuals who identify as a person with mental illnesses, to assist them in improving their quality of life.
10. CARE graduates who specialize in clinical rehabilitation counseling advocate for the removal of functional, environmental, and social barriers that impede self-sufficiency and reduce the quality of life, for persons who identify as an individual with a disability.

Competitive Admission

Students seeking admission to the M.S. in Counseling and Rehabilitation Education degree program must apply to and meet requirements for admission to the Graduate School and be approved by the CARE program faculty. The following are required to be considered for admission:

- Successful admission to the Graduate School.
- A written essay including a statement of professional goals.
- Three letters of recommendation, preferably including one from a recent instructor.
- GPA of 2.75 or better (A=4.00) on the entire last undergraduate GPA earned at the time of application.

The following is a summary of the CARE process for selecting new students for admittance to the CARE program:

- A review of completed applications by CARE tenure track faculty; faculty review form/ballot. Students who meet standards are given an interview. Students who do not meet entry standards are sent a letter specifying why they were not considered for entry at that time.
- Students participate in individual interviews with all faculty. Students respond to questions related to ethical responsibility, counseling identity, service orientation, social skills, and team work. Following interviews, the faculty compare their ratings of students and decisions on admissions are made. Students are advised when decisions will be made about their admission. Admittance is based on a majority vote from faculty.
- Those students who are not accepted will receive an explanation from the program, and will be advised of their right to appeal a decision for non-acceptance. Students who are not accepted are welcome to reapply the following year.

This program requires a nonrefundable \$65 application fee that must be submitted with the application for Admissions to the Graduate School. Specific information about admissions processes, fees and paperwork may be obtained by contacting the CARE Admissions Coordinator via the School of Health Sciences, health.sciences@siu.edu; or the SIU Graduate School at gradscgl@siu.edu.

Retention

The CARE program follows the SIUC Graduate School policies on retention, remediation, and dismissal from the program. The CARE program also has a due process plan that students are familiarized with by their advisors. This information is also included in the CARE Student Manual.

The student is responsible for making arrangements to meet with their advisor every semester to review their academic plan. It is the student's responsibility to contact their advisor to report any challenges to their progress in the program. Faculty will be available to meet with the student on a regular basis to discuss progress and work closely with the student to address challenges to student's successful completion of the program requirements.

Students are required to maintain a 3.0 grade point average, receive an S in all clinical experience courses, and progressing toward their professional goals within the guidelines formulated in the advisement process. Failure to make progress or violations of school, college, or Graduate School regulations may result in dismissal from the program.

In the event a student is believed to be in violation of ethical or professional behavior that is a serious threat to client welfare, faculty or the clinical supervisor may prohibit the student from seeing clients

pending initiation and completion of a faculty review. If the faculty determine that formal actions are needed, the review procedure moves directly to a formal hearing with the student. Lack of participation in this hearing by the student shall result in removal of the student from the program. Our remediation procedure is detailed in the Masters Student Handbook.

Specific information about programs and how to apply may be obtained by calling 618/536-7763 or contacting the School of Health Sciences, health.sciences@siu.edu.

Master of Science (M.S.) in Counseling and Rehabilitation Education

The M.S. in Counseling and Rehabilitation Education (CARE) offers two concentrations: clinical mental health counseling or clinical rehabilitation counseling. The course of study consists of a minimum of 61 credit hours and involves a blend of academic and clinical experiences.

As part of the CARE program, counseling students have a shared counseling identity. CARE students acquire the knowledge, skills, and expertise required to establish a successful career as a professional counselor in diverse settings such as agencies, group practices, substance abuse treatment centers, hospitals, residential treatment centers, and employee assistance programs. Additionally, they will take 12 credits of specialty courses in clinical mental health counseling or rehabilitation counseling. All students must complete required coursework with a minimum 3.0 grade point average, and earn at least 9 credits of clinical practice with satisfactory scores. Deferred grades (DEF) must be completed within one year.

M.S. in CARE Core Coursework

- CARE 461: Introduction to Substance Use Disorders & Behavioral Addictions (3 CH)
- CARE 500: Essential Interviewing and Counseling Skills for the Professional Helper (3 CH)
- CARE 505: Professional Counselor Identity and Ethics (3 CH)
- CARE 512: Developmental Processes Across the Lifespan (3 CH)
- CARE 514: Case Management and Treatment Planning (3 CH)
- CARE 541: Counseling Theory (3 CH)
- CARE 542: Career Development Procedures & Practices (3 CH)
- CARE 543: Group Theory & Practice (3 CH)
- CARE 544: Assessment & Testing (3 CH)
- CARE 545: Social Justice and Multicultural Counseling Practice (3 CH)
- CARE 547: Research and Evaluation in Counseling (3 CH)
- CARE 549: Mental Health Diagnosis and Pharmacology (3 CH)
- CARE 550: Pre Practicum (1 CH)
- CARE 548B: Counseling Practicum (3 CH)
- CARE 591: Internship in Counseling (6 CH)
- QUAN 506: Inferential Statistics (4 CH)

Clinical Mental Health Counseling Concentration

To specialize in clinical mental health counseling, a minimum of 12 credit hours is required in addition to the mandatory counseling coursework for the Master's Degree in Counseling and Rehabilitation Education. This concentration program aims to equip students with the skills and knowledge necessary to effectively assess, diagnose, and treat mental health disorders in a clinical setting. Students will also learn how to develop effective treatment plans, perform psychotherapy, and provide counseling services to individuals, couples, families, and groups.

The required program of study is:

- CARE 501: Introduction to Clinical Mental Health Counseling (3 CH)
- CARE 503: Introduction to Marriage, Couple, and Family Counseling (3 CH)
- CARE 535: Special Topics in Clinical Counseling (3 CH)
- CARE 546: Crisis Assessment & Counseling (3 CH)

Clinical Rehabilitation Counseling Concentration

The Concentration in Clinical Rehabilitation Counseling is designed to prepare students to work with individuals who are experiencing physical, developmental sensory, cognitive, and mental health disabilities, in a wide array of public, private and community funded work settings. The course of study for the Concentration in Clinical Rehabilitation Counseling consists of a minimum of 12 credit hours in addition to completion of the core counseling coursework required for the Master's Degree in Counseling and Rehabilitation Education.

The required program of study is:

- CARE 551: Clinical Rehabilitation Counseling: Theory and Practice (3 CH)
- CARE 513: Medical and Psychosocial Aspects of Disability (3 CH)
- CARE 575: Clinical Rehabilitation Case Management (3 CH)
- CARE 533: Vocational Testing and Measurement (3 CH)

Licensure and Certification

The CARE program prepares students to apply for the following:

- National Certified Counselor (NCC). National Board for Certified Counselors. www.nbcc.org
- Illinois Licensed Professional Counselor. Illinois Department of Financial and Professional Regulation. <https://idfpr.illinois.gov/>
- Certified Rehabilitation Counselor. Commission on Rehabilitation Counselor Certification crtcetification.com

Detailed information related to the educational requirements for licensure and certification is available at professionallicensure.siu.edu

Certificate in Substance Use Disorders and Behavioral Addictions

A sequence of courses is offered within the Counseling and Rehabilitation Education program for students interested in receiving a certificate as a substance use disorders and behavioral addictions counselor (**CADC**). Students who complete the required course series and academic based internship will be eligible to sit for the CADC exam in Illinois. These courses cannot be used to replace any required courses for the CARE masters degree and they do not constitute a specialization under the CARE program. Students from other graduate programs related to behavioral health may also apply for this certificate program with approval from the CARE Program Director.

Students must complete 15 total credit hours of required coursework, and an academic discipline-based 500 hour internship (eight credit hours) in an approved clinical setting. The course sequence is:

- CARE 461: Introduction to Substance Use Disorders and Behavioral Addictions (3 CH)
- CARE 471: Treatment, Recovery and Relapse Prevention (3 CH)
- CARE 558: Substance Use Disorder Interventions for Special Populations (3 CH)
- CARE 566: Advanced Treatment, Recovery and Relapse Prevention (3 CH)
- One Approved Elective (3 CH)
- Internship (500 hours)

This Certificate Program is accredited by the Illinois Alcohol and Other Drug Abuse Professional Certification Association, Inc. (IAODAPCA), for the purpose of professional certification in Illinois.

Counseling and Rehabilitation Education Courses

CARE405 - Introduction to Aging and Rehabilitation (Same as GRON 405) Introduction to the field of aging, including social, political, economic and legal issues pertinent to an aging society and rehabilitation. Credit Hours: 3

CARE461 - Introduction to Substance Use Disorders and Behavioral Addictions Introduction to the field of substance use and behavioral addictions counseling with an overview of foundation topics underlying professional practice. This course will focus primarily on substance use and behavioral addiction models, medical and psychological consequences, drug classification systems, legislation, and other clinical and public policy issues that may be relevant to the field. Credit Hours: 3

CARE471 - Treatment, Recovery & Relapse Prevention A comprehensive examination of assessment, diagnosis, referral, and treatment processes for substance use disorders and behavioral addictions. The course will cover treatment provided in a variety of settings. Students will acquire skills to provide person-centered treatment, recovery and relapse prevention services, using evidence based practices. The ASAM and the DSM V will be featured as treatment tools. Students will utilize case formulations to gain experience in the treatment plan development and implementation process. Ethical practices will be emphasized. Credit Hours: 3

CARE500 - Essential Interviewing and Counseling Skills for the Professional Helper This course provides the foundation for counselors and other professionals-in-training for understanding the counseling process in a multicultural society including an orientation to wellness, the development of professional characteristics and behaviors that influence the helping process, and a mastery of the essential interviewing and counseling skills. Restricted to Graduate Standing only. Concurrent enrollment allowed in CARE 541. Credit Hours: 3

CARE501 - Introduction to Clinical Mental Health Counseling This course provides an overview of the history, foundations, practices and ethical and legal issues relevant to clinical mental health counseling. The course does address specific skill attainment in areas of documentation, report writing and program evaluation skills. A grade of B or better required. Credit Hours: 3

CARE503 - Introduction to Marriage, Couple, and Family Counseling This course provides an overview of the history, foundations, practices, and ethical and legal issues relevant to marriage, couple, and family counseling. This course is a required course for clinical mental health and marriage, couple and family counseling and does address specific skill attainment for working with couples and families. A grade of B or better required. Prerequisite: CARE 541 with a grade of B or better. Credit Hours: 3

CARE505 - Professional Counselor Identity and Ethics Professional counseling requires a foundational understanding of the history of the profession, the various counseling specialty areas roles, the ethical standards of practice, use of ethical decision making models, legal, social and political issues and understanding needs of consumers through the lens of diversity and advocacy. Credit Hours: 3

CARE512 - Developmental Processes Across the Lifespan This course covers physical, intellectual, and social development across a person's life. It focuses on practical applications for counseling, education, and related services. Students will learn to apply human development theory and research to their clients and counseling profession. Prerequisite: CARE 541 with a grade of B or better. Credit Hours: 3

CARE513 - Medical and Psychosocial Aspects of Disability A review of the impact of disease and trauma on the human system with special attention on the effects physical limitations and socio-emotional correlates have on human functioning and the rehabilitation process. Special approval needed from the department. Credit Hours: 3

CARE514 - Case Management and Treatment Planning This course covers the various tasks associated with professional case management and treatment planning, emphasizing the importance of collaboration with professionals from diverse fields. Using case studies and role plays, students will explore intake and assessment, develop successful treatment plans, identify needs, make referrals, track progress, and ensure consistent care. Upon completion, students should be able to effectively manage

the care of the whole person from initial contact through termination of services. Prerequisite: CARE 500, CARE 505 or concurrent enrollment with a grade of B or better. Credit Hours: 3

CARE533 - Vocational Testing and Measurement An extensive exposure to instruments designed for use with vocational rehabilitation clients. Administration and interpretation of a wide variety of instruments used to gain information to be used in planning for vocational development. Both didactic and experiential to include consideration of information obtained from interviews, tests, and other diagnostic techniques. Special approval needed from the instructor. Credit Hours: 3

CARE535 - Special Topics in Clinical Counseling This course delves into the latest research in clinical counseling, covering a wide range of topics to expand the students' grasp of more complex counseling problems and appropriate interventions. Upon completion of the course, students will possess a strong grasp of how to apply suitable counseling techniques to address varied client needs and circumstances. Prerequisites: CARE 500, 501, 541, or instructor permission with a grade of B or better. Credit Hours: 3

CARE541 - Counseling Theory This course presents an overview of current theories of counseling with a special focus on the philosophical assumptions, key concepts, techniques and practical applications of each approach. Each of the theories will be examined critically such that the student can begin to formulate an integrated personal theory of counseling. Prerequisite: CARE 500 with a grade of B or better or concurrent enrollment. Credit Hours: 3

CARE542 - Career Development Procedures & Practices This course provides an orientation to theoretical, economic, and informational aspects of career guidance. Students will acquire experience in the use of occupational assessment materials to facilitate client career exploration and decision making in counseling. Credit Hours: 3

CARE543 - Group Theory & Practice Focuses on the theory, functions, and techniques of group procedures appropriately applied to decision making, problem solving and resolution of conflict. Major emphasis is given to the dynamics of group behavior, the social-psychological interaction of small groups and their applications to group counseling. Dual emphasis is placed upon interpersonal self-understanding and the familiarity with group procedures. Prerequisite: CARE 500 with a grade of B or better. Credit Hours: 3

CARE544 - Assessment and Testing (Same as REHB 530) Principles and procedures for gathering appraisal and assessment information about people. Theoretical basis for describing and comparing individuals as well as assessing developmental stages and types will be covered. Particular emphasis will be the validity and reliability of data collection methods, interpretation of this information to individuals and procedures for selection of instruments. Credit Hours: 3

CARE545 - Social Justice and Multicultural Counseling Practice This course will place an emphasis on increasing student awareness of their own cultural values, beliefs and biases, in order to become aware of the clients worldview. These skills are the prerequisites of culturally appropriate diagnosis, assessment, and treatment. Prerequisites: CARE 500 and CARE 541, each with a grade of B or better. Credit Hours: 3

CARE546 - Crisis Assessment & Counseling This course is designed to give the counselor a theoretical and practical background in crisis preparation and intervention in a variety of settings. Students will examine relevant research and theory on crisis and resilience, reflect on their personal crisis experiences and begin to develop fundamental crisis intervention skills. This course is both applicable and practical in presentation. Credit Hours: 3

CARE547 - Research and Evaluation in Counseling (Same as REHB 593A) This course provides knowledge of the field of counseling research and specific methods for conducting and critically reading research as well as applications of needs assessment and program evaluation including using computers for data analysis and legal and ethical considerations in research and evaluation. Restricted to advanced standing in counselor education program or rehabilitation counseling program. Credit Hours: 3

CARE548B - Counseling Practicum Practice of individual and group counseling skills with different populations in varied settings. The professional settings depends on the student's interest area. Individual and group supervision are provided. A clinical fee will be assessed. Graded S/U only. Prerequisite: CARE

500, CARE 501, CARE 541, each with a grade of B or better or instructor permission. Restricted to students admitted to the CARE program or the CADC certificate program. Lab fee: \$215. Credit Hours: 3

CARE549 - Mental Health Diagnosis and Psychopharmacology This course reviews the diagnostic criteria of the major disorders within the current edition of the DSM, as well as the etiology underlying these disorders. Comorbid conditions, differential diagnosis, and treatment modalities including psychopharmacological treatments are addressed. Prerequisites: CARE 500 and CARE 505, or consent of instructor. Credit Hours: 3

CARE550 - Pre Practicum The course specifically emphasizes the development of vital counseling skills, including establishing relationships, conducting basic assessments, setting goals, selecting interventions tailored to the client's needs, and assessing client outcomes. Mastering these skills is of utmost importance before entering the Field Practicum. The course offers a secure and encouraging atmosphere that fosters the acquisition and refinement of both theoretical knowledge and practical skills. Prerequisites: CARE 500 and 505 with a grade of B or better. Credit Hours: 1

CARE551 - Clinical Rehabilitation Counseling: Theory and Practice A didactic and experiential analysis of the underlying theory and techniques of individual and group counseling of individuals with disabilities. Special approval needed from the instructor. Credit Hours: 3

CARE558 - Substance Use Disorder Interventions for Special Populations This course provides a broad understanding of issues and trends in substance use disorder and behavioral addiction within a multicultural society. This course focuses on interventions that reflect the culture specific values and treatment needs of diverse clientele across the lifespan. Topics including the sociocultural challenges, internationality of identities, and culturally competency will be covered. Students who have completed REHB 458 are ineligible to enroll. Credit Hours: 3

CARE566 - Advanced Treatment, Recovery and Relapse Prevention This course builds on knowledge and skills gained in CARE 471 to include advanced case management, diagnosis, and testing and treatment techniques for youth, adults and families. The course includes a focus on co-occurring disorders, the practice of group work, crisis counseling; treatment settings, and pharmacological treatment. Students who have completed REHB 466 may not enroll. Prerequisite: CARE 471. Restricted to graduate standing. Credit Hours: 3

CARE575 - Clinical Rehabilitation Case Management The course will focus on documentation, planning, problem-solving processes, and management techniques associated with the vocational issues for individuals with disabilities. An emphasis is placed on overall goal of quality of life of individuals served. Special approval needed from the instructor. Credit Hours: 3

CARE591 - Internship in Counseling A total of 6 credits (in a minimum two semesters) of supervised internship at an approved site, for 600 clock hours (including 240 hours direct client service in individual, group, and/or family counseling). Internship provides advanced students opportunity to perform a variety of activities expected of a regular employed professional counselor, under supervision of on-site and faculty supervisors. Graded S/U. Prerequisites: CARE 543 and CARE 548B. Credit Hours: 1-3. Credit Hours: 1-3

CARE592 - Independent Study and Investigation For advanced graduate students. Topics of interest to the individual student are studied under supervision of a department staff member. Special approval needed from the department. Credit Hours: 1-6

Counseling and Rehabilitation Education Faculty

Nichols, Jane L., Assistant Professor and Program Director, Ph.D., Michigan State University, 2007; 2012. Interprofessional education, veterans issues, substance use disorders, cannabis use and pain.

Upton, Thomas, Professor, Ph.D., University of Iowa, 2000; 2000. Rehabilitation counseling, advances in rehabilitation, persons with brain injury, disability attitudes, and postsecondary educational accommodations.