Counseling and Rehabilitation Education

The mission of the graduate program in Counseling and Rehabilitation Education is to promote the professional counseling identity by preparing counselors in training to provide ethical, culturally-inclusive practices that sustain and empower those individuals with physical, mental or emotional needs. Faculty promote the emotional, relational, and academic potential of all students by their commitment to the creation and maintenance of a relevant and innovative environment for teaching and learning.

The Counseling and Rehabilitation Education program provides conceptual and experiential learning experiences to enhance the professional development of graduate students in these key transformational areas:

1. The development of a personal definition of counseling
2. The adoption of responsibility for professional growth
3. A sensitivity to cultural differences and social justice advocacy
4. A philosophy that supports wellness across the lifespan
5. The skills, knowledge, and attitudes necessary to provide clinical counseling services to individuals with physical, developmental, emotional and mental health needs.

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 Illinois. Students, in concert with their adviser, develop academic plans that capitalize on student interests and capabilities.

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 60 credit hours and involves a blend of academic and clinical experiences. Graduates from these programs are prepared to pursue advanced graduate studies or assume roles as professional counselors in the work setting of their choice.

Central to any program is a unified curriculum rather than a collection of courses. The core curriculum required of all M.S. in CARE degree candidates include: Professional Identity & Ethics, Cross Cultural Counseling, Human Growth and Development, the Helping Relationship, Group Work, Assessment, Research and Evaluation, Addictions, Diagnosis & Treatment, and Crisis Assessment & Intervention. In addition, students are required to complete nine credit hours of clinical experiences and may choose between a comprehensive exam and a research paper for final requirements of the program. M.S. in CARE degree candidates must complete the core counseling courses with a B or better and Clinical Experiences with a Satisfactory (s) grade. A grade of DEF needs to be completed within one year. A grade of U would mean dismissal from the program.

M.S. in CARE Core Coursework

- CARE 461: Introduction to Substance Use Disorders & Behavioral Addictions (3 CH)
- CARE 500: Interpersonal Skills for Professional Helpers (3 CH)
- CARE 505: Professional Identity and Ethics (3 CH)
Clinical Mental Health Counseling Concentration

The concentration in Clinical Mental Health Counseling gives students the expertise needed to work in a variety of settings, including agencies, group practices, substance abuse treatment centers, hospitals, residential treatment centers, and employee assistance programs. The course of study for the concentration in clinical mental health 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 501: Practices & Processes in Clinical Mental Health
- CARE 540: Special Topics in Counselor Education
- CARE 548C: Advanced Group Work -OR-
- CARE 548E: Advanced Family Work
- CARE 590: Trauma and Interpersonal Violence

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 M.S. in Counseling and Rehabilitation Education.

The required program of study is:

- CARE 551: Clinical Rehabilitation Theory and Practice
- CARE 513: Medical Aspects of Disability
- CARE 575: Clinical Rehabilitation Case Management and Community Resources
- CARE 533: Vocational Testing and Measurement -OR-
- CARE 445B: Psychiatric Rehabilitation

Admission and Retention

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. An undergraduate grade point average of 2.7 (A = 4.0), three letters of recommendation, evidence of successful experience or commitment to the profession and a personal interview are required for admission. Each application is considered on an individual basis. Professional qualifications, graduate courses taken, and student goals are also considered.
This program requires a nonrefundable $65 application fee that must be submitted with the application for Admissions to the Graduate School. Applicants must pay this fee by credit card.

The adviser, along with the faculty of the program area, is responsible for reviewing student progress each semester. Students are required to maintain a 3.0 grade point average, receive an S in all clinical experience courses, and to be 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.

**Counseling and Rehabilitation Education Courses**

**CARE461 - Intro to SUD** 461-3 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.

**CARE493 - Introduction to Helping Skills** 493-3 Introduction to Helping Skills. (Same as PSYC 441) This course provides an introduction to the interviewing skills used in the helping professions. Helping skills are studied and practiced through simulated counseling sessions. This course does not meet the program requirements for a Master's degree in Counselor Education. Restricted to graduate or senior standing.

**CARE500 - Interviewing and Skills** 500-3 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.

**CARE501 - Clinical Mental Health** 501-3 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. This course is a required course for clinical mental health and marriage, couple and family counseling and does address specific skill attainment in areas of documentation, report writing and program evaluation skills. A grade of B or better required.

**CARE503 - Intro to MCFC** 503-3 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.

**CARE505 - Identity and Ethics** 505-3 Professional Counselor Identity and Ethics. Professional counseling requires a foundational understanding of the history of the profession, the various counseling specialty areas, 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. This course is required for all counseling specialties seeking CACREP accredited degrees.

**CARE512 - Life-Span Development** 512-3 Life-Span Development. Investigates physical, intellectual, and social development throughout the life span. This course provides information regarding learner
characteristics and transitions. Focus is on applications for education, counseling, and related services. Students will develop competency in application of human development theory and current research to clients and the counseling profession. Prerequisite: CARE 541.

**CARE513 - Med & Psychosocial** 513-3 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.

**CARE533 - Voc Testing & Measurement** 533-3 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.

**CARE537 - Counsel Child-Theo/Tech** 537-3 Counseling Children: Theory, Techniques, and Practice. The foundations and techniques of individual and group counseling with particular emphasis on theories, operational approaches, tools and related procedures. Prerequisite: CARE 500 with a grade of B or better, or concurrent enrollment.

**CARE540 - Issues & Trends in Counseling** 540-3 Issues and Trends in Counseling. Students will examine current problems, issues, and trends with an emphasis on strategies for solving the problems; clarifying the issues and placing them in proper perspective; examining possible ramification of the trends.

**CARE541 - Theories of Counseling** 541-3 Theories of Counseling. 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.

**CARE542 - Career Development** 542-3 Career Development Procedures and Practices. (Same as REHB 521) For pupil personnel workers, teachers, and administrators to give an orientation to theoretical, economic, and informational aspects of career guidance and to provide experience with using career information in counseling and decision making. Obtaining occupational and information materials for use in guidance and teaching.

**CARE543 - Group Theory & Practice** 543-3 Group Theory and 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.

**CARE544 - Appraisal in Counseling** 544-3 Appraisal in Counseling. (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.

**CARE545 - Cross Cultural Factors** 545-3 Cross Cultural Factors Affecting Counseling. Designed to cover special problems of different cultural groups in the counseling process. The influence of culture upon values, beliefs, interests and feelings will be explored as they relate to the rights of the client. Prerequisites: CARE 500 and CARE 541, each with a grade of B or better.

**CARE546 - Crisis and Counseling** 546-3 Crisis and 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.
CARE547 - Research and Evaluation 547-3 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.

CARE548B - Counseling Practicum 548B-3 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. Use of video-recorder is required. Graded S/U only. Prerequisite: CARE 500, CARE 541, each with a grade of B or better. Concurrent enrollment in CARE 543 required. Restricted to admission to counseling program.

CARE548C - Advanced Group Counseling 548C-3 Advanced Group Counseling. Supervision in the creation and maintenance of small group process for the purpose of career development. Application of theoretical models is stressed concurrently with entry level skills in the facilitation of small groups and career counseling. Prerequisites: CARE 500, CARE 541, CARE 542, CARE 543, CARE 548B. Restricted to admission to counseling program.

CARE548E - Marriage/Couple/Family Practicum 548E-3 Practicum in Marriage, Couple, and Family Counseling. Supervised on-campus counseling experience with couples and families. Supervision will be individual as well as within the context of a therapy team. Graded S/U only. Prerequisite: CARE 500, CARE 503, CARE 548B each with a grade of B or better. Special approval needed from the instructor.

CARE549 - Diag/Treat Mental Disorders 549-3 Diagnosis and Treatment of Mental Disorders. This course provides counselors and other human service workers with an overview of the current edition of the DSM and is designed to acquaint future counselors or students in other helping professions with an understanding of the etiology, prevention, and treatment of mental and emotional disorders. The course will address differential diagnosis and associated disorders of the primary diagnoses in the multi-axial system. Prerequisite: CARE 500, 501 or 503, or consent of instructor.

CARE551 - Clinical Rehab Theory 551-3 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.

CARE575 - Clinical Rehab Case Mgmt 575-3 Clinical Rehabilitation Case Management and Community Resources. Basic procedures in providing and coordinating available human services based on individual need in the context of a professional-client relationship, and the basics of recording and reporting such services. Special approval needed from the instructor.

CARE590 - Sex, Violence & Trauma 590-3 Special Topics in Family Counseling: Sexuality, Violence, and Trauma. This course is designed to prepare counselors-in-training to work effectively with couples and families who may be dealing with issues related to sexuality, violence, and trauma, and to address relevant professional, legal, and ethical issues surrounding clinical work in these areas. Human sexuality includes physiological, psychological, developmental, social, and relational issues as they relate to the conceptualization and treatment of clinical issues in couples counseling. Family violence issues include physical, emotional, and sexual abuse of children, elders, and intimate partners. In addition, the course provides an overview of theories and application of crisis intervention strategies for individuals and family members experiencing a crisis or trauma. Prerequisite: CARE 503.

CARE591 - Internship in Counseling 591-1 to 3 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 548B and CARE 548C.

CARE592 - Independent Stdy & Investigatn 592-1 to 8 (1 to 6 per semester) 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.
CARE593 - Individual Research 593-1 to 4 Individual Research. For advanced graduate students in Counselor Education. Formulating, investigating and reporting of research problems in the area of Counselor Education. Special approval needed from the department.

CARE599 - Thesis 599-1 to 6 Thesis. Special approval needed from the department.

Counseling and Rehabilitation Education Faculty

Nichols, Jane L., Assistant Professor, Ph.D., Michigan State University, 2007; 2012. Rehabilitation Counseling, challenges in communication, decision making, and addictive behaviors.

Pender, Debra A., Associate Professor, Ph.D., Southern Illinois University Carbondale, 2006; 2016.

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.

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Catalog Year Statement:
Students starting their collegiate training during the period of time covered by this catalog (see bottom of this page) are subject to the curricular requirements as specified herein. The requirements herein will extend for a seven calendar-year period from the date of entry for baccalaureate programs and three years for associate programs. Should the University change the course requirements contained herein subsequently, students are assured that necessary adjustments will be made so that no additional time is required of them.