

# COUNSELING AND SCHOOL PSYCHOLOGY (CSP)

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## **CSP 126 – First Year Seminar 1 credit hour**

The First-Year Seminar provides students with a multidisciplinary experience in which they approach an issue or problem from the perspective of three different academic differences. The First-Year Seminar will consist of three 1-credit hour courses taken as co-requisites in a single semester. The successful completion of all three courses satisfies the General Studies LOPER 1 course requirement. Students may take the First-Year Seminar in any discipline, irrespective of their major or minor. Students admitted as readmit students or transfer students who transfer 18 or more hours of General Studies credit to UNK are exempt from taking a LOPER 1 course.

## **CSP 150 – Chancellor's Leadership Class 3 credit hours**

The Chancellor's Leadership Class (CLC) is a specialized leadership experience. This course is for individuals who have a desire to further their leadership development throughout their UNK career. The CLC will provide students with opportunities to develop and practice the skills, values, and knowledge of effective leadership. This course addresses trends, issues, theories, concepts and professional practice in leadership development in undergraduate students.

## **CSP 185 – Culture and Ethnic Identity 3 credit hours**

This course addresses the impact of culture on the development of personal identity and cross-cultural interactions. Topics addressed include becoming aware of one's own assumptions, worldview values, and biases; understanding types of racism and their relationship to identity development; understanding the impact of majority or minority status on identity development and cross-cultural interactions; and promoting understanding among culturally diverse groups.

## **CSP 188 – GS Portal 3 credit hours**

Students analyze critical issues confronting individuals and society in a global context as they pertain to the discipline in which the Portal course is taught. The Portal is intended to help students succeed in their university education by being mentored in process of thinking critically about important ideas and articulating their own conclusions. Students may take the Portal in any discipline, irrespective of their major or minor. Satisfies the General Studies Portal course requirement. Students may take their Portal course in any discipline. Students who transfer 24 or more hours of General Studies credit to UNK are exempt from taking a portal course.

Prerequisite: First year freshman standing or sophomore standing only.

## **CSP 404 – Counseling & Mental Disorders 2 credit hours**

This course provides an orientation to the various abnormal behaviors and mental disorders that may be encountered in students/clients by counselors, athletic trainers, school psychologists, and student affairs personnel. It introduces medical model terminology, symptomology of disorders, and current treatments associated with the various disorders.

## **CSP 407 – Clinical Treatment Issues in Addictions Counseling 3 credit hours**

This course is intended to meet the requirements for licensure as a Licensed Alcohol and Drug Counselor as 45 hours of clinical treatment issues in chemical dependency. The student will receive education such as the study of treatment issues specific to chemical dependency including denial, resistance, minimization, family dynamics, relapse, cross-addiction, co-occurring disorders, spirituality, and influences of self-help groups. The education will include studying chemical dependency clinical treatment needs of individuals taking into consideration gender, culture, and lifestyle.

## **CSP 408 – Assessment, Case Planning & Management of Addictions 3 credit hours**

This course addresses the process of collecting pertinent data about client or client systems and their environment and appraising the data as a basis for making decisions regarding alcohol/drug disorder diagnosis and treatment and/or referral. Instruction on coordinating and prioritizing client treatment goals and working with other services, agencies and resources to achieve those treatment goals are included. The course addresses practice in assessing and managing a case including the development of sample case records and utilizing the written client record to guide and monitor services with emphasis on the development of the social history and intake, initial assessment, individual treatment plan with measurable goals and objectives, documentation of progress and ongoing assessment. Confidentiality of client information and records as defined in 42 CFR Part 2 shall be addressed. The strengths and weaknesses of various levels of care and the selection of an appropriate level for clients are studied. Basic information on two or more objective assessment instruments are studied for alcohol/drug disorders including the Substance Abuse Subtle Screening Inventory (SASSI), Addiction Severity Index (ASI), and the Western Personality Inventory. This course meets the requirements for licensure as a Licensed Drug and Alcohol Counselor as 30 hours of alcohol/drug assessment, case planning and management.

## **CSP 409 – Medical & Psychosocial Aspects of Addictions 3 credit hours**

This course addresses the physiological, psychological and sociological aspects of alcohol/drug use, abuse and dependence. The classifications and basic pharmacology of drugs, basic physiology and the effects of drug use on the systems of the human body and alcohol and drug tolerance are discussed. The course also includes the etiological, behavioral, cultural and demographical aspects and belief systems about alcohol/drug use along with the processes of dependence and addiction including signs, symptoms and behavior patterns. This course meets the requirements for licensure as a Licensed Drug and Alcohol Counselor as 45 hours of medical and psychosocial aspects of alcohol/drug use, abuse and addiction.

## **CSP 410 – Psychology of Classroom Discipline 3 credit hours**

Study of current models of classroom management psychology emphasizes the importance of teacher personality and interactive style in relation to classroom environment. A major focus is on the quality of the teacher/student relationship and kinds of interaction which enhance motivation and learning.

## **CSP 417 – Counseling Skills 3 credit hours**

This class is for those entering or already in one of the helping professions. It focuses on understanding and applying a broad range of listening and communication skills in one-to-one interactions as well as in small group settings. Students actively practice building skills in class.

**CSP 418 – Introduction to Counseling and Social Advocacy 3 credit hours**

This course is designed to introduce the student to the broad field of counseling and to provide an orientation to counseling as a helping profession. A knowledge base related to the characteristics and training of effective counselors as well as a description of clients who enter counseling is the content foundation of this course. This involves both information and experience focused on the nature of helping relationship and the skills, attitudes, and beliefs involved in developing and maintaining this relationship. Finally, the therapeutic benefits to the client are explored.

**CSP 420 – Learning from Children 3 credit hours**

This course provides opportunity to study teaching/learning interactions in which the teacher is a child and the learner is an adult. There is direct observations of child/adult interactions, a brief study of class members' recollections of their own childhoods, and a study of neotenous (childlike) adults. The course will be graded credit/no credit, undergraduate/graduate credit.

**CSP 441 – Special Topics 1-3 credit hours**

This course addresses current issues related to counseling and school psychology. The course format varies depending on subject matter, instructor and student needs.

Total Credits Allowed: 8.00

**CSP 499 – Independent Study 1-2 credit hours**

The student along with an advisor from the department will select an appropriate topic to be studied.

Total Credits Allowed: 2.00