

# EDUCATION - COUNSELOR EDUCATION (EDC)

## EDC 210. Multicultural/Ethnic Counseling. 3 Units Term Typically Offered: Fall, Spring

Exploration of ethnic and cultural differences to develop or expand awareness, techniques, skills, theories, concepts, and to acquire information necessary to counsel effectively with clients of various ethnic/cultural groups. Students examine their own attitudes, behaviors, perceptions, and biases, and are encouraged to develop their own multicultural approach to counseling. Lecture/discussion three hours.

## EDC 212. Gender Roles in Counseling. 3 Units Term Typically Offered: Fall, Spring

An overview of the individual and societal parameters of gender roles and sexism in self-identity, sexual behavior, health, mental health, relationships, values, abuse, violence, etc. Attitudes, research, prevention, assessment and treatment methods are addressed. Meets Board of Behavioral Science requirements in human sexuality and domestic violence.

## EDC 214. Dynamics of Human Development. 3 Units Term Typically Offered: Fall, Spring

Overview of theories and research pertaining to the dynamics of human development, including cultural, biological, social, and psychological factors. Particular emphasis will be placed on the relationship of these factors to the field of counseling. Lecture three hours.

## EDC 216. Counseling Theory. 3 Units Corequisite(s): EDC 280. Term Typically Offered: Fall, Spring

Examination of ten counseling philosophies, with emphasis on knowledge and practice. Requires the refinement of one's own counseling orientation. Designed to provide students with a foundation in the basic philosophy and practice of contemporary theories of counseling/psychotherapy. The requirements support three components of multiple measures of learning and outcomes: 1) personal growth, 2) counseling skills building utilizing multiple approaches, 3) professional development.

## EDC 218. Assessment In Counseling. 3 Units Term Typically Offered: Fall, Spring

Intended to acquaint the prospective counselor with an array of assessment instruments and appraisal techniques. Includes practical experience with tests as well as foundations of test development. Lecture three hours.

## EDC 219. Group Processes in Counseling. 3 Units Prerequisite(s): EDC 216 and EDC 280. Term Typically Offered: Fall, Spring

Group process theory and procedures, including group counseling and guidance. Participation in a group experience is required. Lecture, discussion, three hours.

**Note:** May be repeated for credit.

## EDC 220. The Spiritual Dimension in Counseling and Psychotherapy. 3 Units

**Prerequisite(s):** EDUC 155, EDUC 156, EDC 216, EDC 280; or instructor permission.

**Term Typically Offered:** Fall, Spring

Investigation into concerns and issues, modes, and methodologies surrounding exploration of the spiritual dimension in the counseling/therapy relationship. Experiential activities are included.

## EDC 222. Clinical Stress Reduction. 3 Units Term Typically Offered: Fall, Spring

Major concepts, theories, and approaches to effective stress reduction. Includes stress level assessment, planning and implementation of a stress reduction program. Practice of beneficial stress reduction techniques and application in clinical practice.

**Note:** Open to unclassified students with instructor permission.

## EDC 230. Law and Ethics for Marriage, Family, and Child Counseling. 3 Units

**Prerequisite(s):** EDUC 155, EDUC 156, EDC 216, EDC 280 or instructor permission.

**Term Typically Offered:** Fall, Spring

Legal and ethical considerations in the practice of marriage, family, and child counseling. Current laws, responsibilities, restrictions, rights and privileges, licensing regulations, and ethical standards of major professional groups. Child abuse assessment and reporting requirements. Organization, administration, and management of independent practice. Lecture three hours.

## EDC 231. Diagnosis and Treatment Planning. 3 Units Prerequisite(s): EDC 216, EDC 218, EDC 280; classified student in the Counselor Education Program.

**Term Typically Offered:** Fall, Spring

Advanced discussion of psychopathology with emphasis on differential diagnosis, use of DSM IV, and development of treatment plans. Use of mental status exam and structured interview schedules. Major diagnostic categories covered include schizophrenia, mood disorders, anxiety disorders, and personality disorders. Completion of case reports and understanding of clinical materials using diagnosis and treatment plans will be emphasized from a diversity perspective. Lecture three hours.

## EDC 232. Family Violence. 3 Units Prerequisite(s): EDC 212, EDC 230, EDC 234; or instructor permission.

**Term Typically Offered:** Fall, Spring

Violence in the family includes spouse abuse, child abuse, incest, and sexual abuse. Myths about these areas will be replaced by empirically-based facts. There will be an emphasis on effective treatment methods; research findings on family violence, including etiology and family patterns; overlap with alcohol and other drugs, and maintenance factors. Students will gain techniques and skills in interviewing, assessment, and counseling when violence is a presenting issue.

**EDC 233. Substance Abuse and Addiction. 3 Units****Prerequisite(s):** EDC 231.**Term Typically Offered:** Fall, Spring

Provides an overview of substance abuse, addiction and co-occurring disorders with emphasis on psychoactive drugs including alcohol.

Material will focus on the following areas: identification, evaluation, treatment and prevention of substance abuse and addiction, family, friends and coworker issues, legal and medical aspects of substance abuse, populations at risk, the role of support persons, support systems, and community resources.

**EDC 234. Seminar: Marriage and Family Counseling. 3 Units****Prerequisite(s):** EDC 214, EDC 216, EDC 280; classified student in the Counselor Education Program.**Corequisite(s):** For MFCC Specialization: EDC 476.**Term Typically Offered:** Fall, Spring

Introduction to the basic concepts and principles of family therapy. Provides and lays the foundation on which all theories/schools of family therapy are based and covers the basic theories of family therapy. Issues include evaluation of families, diagnosis in a family context, interviewing strategies, redefining problems in a family systems context, and treatment principles. Lecture three hours.

**Note:** May substitute PSYC 225 with consent of faculty advisor prior to registration.

**EDC 240A. Psychological, Social and Medical Aspects of Disability, A. 3 Units****Prerequisite(s):** Approval as a candidate for the MS degree in Counseling.**Term Typically Offered:** Fall, Spring

Psychological, social, and medical aspects of various congenital, hereditary, and trauma-induced disabilities are studied in-depth, particularly their relationship to vocational adjustment. The etiology, treatment, prognosis, and limitations caused by various disabling medical conditions are covered as well as such factors as depression, denial and dependency as they occur or are related to these disabling conditions. Emphasis is also given to the concepts of motivation, self-concept, and personal and societal attitudes toward disability.

**EDC 240B. Psychological, Social and Medical Aspects of Disability, B. 3 Units****Term Typically Offered:** Fall, Spring

This is a two-part course. Both EDC 240A and EDC 240B are required. EDC 240A is not a prerequisite for 240B.

**EDC 241. Developmental Stages and Art Therapy Techniques. 3 Units****Prerequisite(s):** EDUC 155 and EDUC 156.**Term Typically Offered:** Fall, Spring

In-depth study of normal stages of development in art with special emphasis on the developmental stages as both diagnostic indicators and aids in devising art therapy treatment. Includes hands-on experience with a variety of art therapy techniques and discussion of their applicability to different client populations. Purchase of some basic art supplies is required. Lecture, discussion, three hours.

**EDC 242. Play and Art in Therapy with Children. 3 Units****Prerequisite(s):** EDC 216, EDC 280, classified student in the School Counseling Specialization. Other Counselor Education students may be permitted to enroll when space is available.**Term Typically Offered:** Fall, Spring

Explores the ways children use fantasy, play, and art as means for communication, growth and healing. Emphasis is placed on clinical skills, therapeutic limit setting, counseling theory and developmentally appropriate interventions. Purchase of some basic art supplies is required.

**EDC 244. Trauma and Crisis Counseling. 3 Units****Term Typically Offered:** Fall, Spring

This course provides opportunities for both theory and skill development by examining crisis and trauma counseling, including crisis theory; multidisciplinary responses to crises, emergencies, or disasters; cognitive, affective, behavioral, and neurological effects associated with trauma; brief, intermediate and long-term approaches; assessment strategies for clients in crisis and principles of intervention for individuals with mental or emotional disorders during times of crisis, emergency, or disaster.

**EDC 250. Education Research. 3 Units****Prerequisite(s):** Graduate status.**Term Typically Offered:** Fall, Spring

Studies qualitative and quantitative methods in the development of reliable knowledge in the field of education. Includes identification and formulation of research problems, research designs and presentation of reports representative of different research strategies. Classified students are encouraged to take this course early in their graduate programs.

**EDC 252. Legal and Ethical Issues in Professional Counseling. 3 Units****Term Typically Offered:** Fall, Spring

Designed to provide students with basic knowledge and skills necessary to be legally and ethically competent in practice of counseling. Examines ethical and legal considerations pursuant to practice of counseling. Topics to be covered are ethics (CAMFT, AAMFT, ACA, ASCA, NCDA) related to counseling practice in private and public sectors, as well as laws regarding mandatory child and elder abuse assessment and reporting, confidentiality, privilege, liability, marriage, family, child and school ethics and law. Required for graduation with a degree in Counseling.

**EDC 254. Counseling and Psychotropic Medicine. 3 Units****Prerequisite(s):** EDC 231**Term Typically Offered:** Fall, Spring

Provides an introduction to psychopharmacology; the biological bases of behavior; basic classifications, indications, and contraindications of commonly prescribed psychopharmacological medications; and effective approaches to collaborating with clients, their families and other professionals so that appropriate referrals can be made for medication evaluations and so that the side effects of those medications can be identified. Meets the BBS licensure requirements for Professional Clinical Counselors and Marriage and Family Therapists.

- EDC 260. Career Development. 3 Units**  
**Term Typically Offered:** Fall, Spring
- Provides a basic introduction to career development and career counseling. Identification and assessment of issues common in career counseling settings are examined. Group and individual models of career development and counseling in schools, community agencies or private industry are also investigated and discussed. Lecture three hours.
- EDC 261. Seminar in Counseling: Job Placement. 3 Units**  
**Term Typically Offered:** Fall, Spring
- Analyzes and practice of job-seeking skills, employer information base, and job placement of the handicapped.
- EDC 262. Career Counseling Process. 3 Units**  
**Prerequisite(s):** EDC 260; classified student in the Counselor Education Program.  
**Term Typically Offered:** Fall, Spring
- On-going learning of the processes needed to deliver career counseling services to a variety of clientele. Students will extend their theoretical knowledge base and will more clearly focus on the relationship between a person's life and the process of career development. Elements to be studied in more depth include career development theory, assessment techniques and strategies, goal setting, decision making, and integration of multicultural aspects and strategies. A practical experience in administering and interpreting selected test instruments extensively used in career counseling will be included. Lecture three hours; practical experience one hour.
- EDC 264. Seminar in Counseling: Career Systems Development. 3 Units**  
**Prerequisite(s):** EDC 260; classified student in the Counselor Education Program.  
**Term Typically Offered:** Fall, Spring
- Specific emphasis is at the implementation level, with students learning the necessary skills for implementing, maintaining, and stimulating career development in schools, community agencies or private industry. Lecture three hours.
- EDC 266. Seminar in Counseling: Career Program Development. 3 Units**  
**Prerequisite(s):** EDC 260; classified student in the Counselor Education Program.  
**Term Typically Offered:** Fall, Spring
- Specific emphasis is at the program development level, with students learning the necessary components for developing a career counseling program in schools, community agencies, or private industry. Lecture three hours.
- EDC 268. Career and Job Search. 3 Units**  
**Prerequisite(s):** EDC 260 or instructor permission.  
**Term Typically Offered:** Fall, Spring
- Work is undergoing change with the advent of new technologies, an increasingly diverse workforce, and corporate restructuring. These conditions have led to more frequent occupational shifts and the loss of previously secure jobs, self-reliance replacing loyalty in relations between employers and employees, and fragmented careers becoming more common as family responsibilities and work opportunities became increasingly interwoven. Examines traditional and emerging approaches for assisting clients in a changing and evolving job market.
- EDC 270. Organization and Administration of School Counseling Programs. 3 Units**  
**Term Typically Offered:** Fall, Spring
- Principles and practices necessary to plan, initiate, administer, and evaluate school counseling programs, including related laws. Lecture, discussion three hours.
- EDC 272. Counseling Children and Youth. 3 Units**  
**Prerequisite(s):** EDC 216, EDC 280, classified student in Counselor Education Program. School specialization: EDC 242.  
**Corequisite(s):** School Counseling Specialization: EDC 475.  
**Term Typically Offered:** Fall, Spring
- Provides students with a theoretical foundation and working knowledge of contemporary issues and interventions for children and youth. A variety of presenting problems and treatment strategies are explored.
- EDC 274. Guidance and Consultation in School Counseling. 3 Units**  
**Prerequisite(s):** EDC 216, EDC 280, EDC 270; classified student in the Counselor Education Program.  
**Term Typically Offered:** Fall, Spring
- Presents a variety of topics and strategies related to the school counselor's role in implementing guidance curricula in the school. Explores models of consultation, change strategies, human relations skills, and ethical considerations. Emphasis is on the developmental nature of school counseling programming, the need for school counseling to support the larger instructional mission of the school, the role of the counselor as a change agent and the multiplicity of skills needed for successful guidance and consultation.
- EDC 280. Practicum in Communication. 2 Units**  
**Corequisite(s):** EDC 216.  
**Term Typically Offered:** Fall, Spring
- Supervised practice in the basic styles of communication, verbal and nonverbal, with additional focus on the particular skills of selected theories. Lecture one hour; laboratory two hours.  
**Note:** Recommended to be taken within the first 6 units of study in the Counselor Education Program.
- Credit/No Credit
- EDC 282. Practicum in Group Counseling. 2 Units**  
**Prerequisite(s):** EDC 219; classified student in the Counselor Education Program.  
**Term Typically Offered:** Fall, Spring
- Supervised practice in leadership of group counseling. Lecture one hour; laboratory three hours.  
 Credit/No Credit

**EDC 294. Cooperative Education Experience. 3 Units**

**Prerequisite(s):** Open only to upper division and graduate students; consent of Department Chair.

**Term Typically Offered:** Fall, Spring

Cooperative Education (Co-op) relates academic theory to professional practice by providing paid work experience in the student's major field of study and academic credit. Students receive supervised employment in school districts, state and community agencies, companies, and other appropriate settings. Requires attendance at weekly meetings, preparation of application packet, completion of field study assignment, and a written final report.

**Note:** Units may not be used to meet course work requirements. May be repeated once for credit.

Credit/No Credit

**EDC 296A. Current Topics in Marriage Couples and Family Counseling. 2 Units**

**Prerequisite(s):** EDC 210, EDC 216, EDC 280 and acceptance into the Counselor Education Program.

This course will provide Marriage, Couple, and Family Counseling students an advanced review and introduction of current applied theories (evidence-based or best practiced), intervention techniques/strategies, and multicultural perspectives specific to the MCFC specialization. Topics may include domestic violence, death and dying, and addiction, as well as others.

Credit/No Credit

**EDC 296P. Current Issues in Counseling: Meditation. 1 Unit**

**Term Typically Offered:** Fall, Spring

An introductory experimental class in meditation which provides a basic foundation of basic meditative theories, the experience of meditative practices, and a basic knowledge of meditative techniques of benefit both personally and with clients. Research has demonstrated that meditation is helpful in a number of stress-related conditions and recent research indicates it is often more effective than psychotherapy in treatment of some problems.

**Note:** Instructor approval required. May be taken twice for credit.

Credit/No Credit

**EDC 299. Special Problems. 1 - 3 Units**

**Term Typically Offered:** Fall, Spring

Individual projects at graduate level designed especially for students capable of independent study.

**Note:** Admission by approval of the instructor with whom the student will be working directly and the Department Chair.

Credit/No Credit

**EDC 462. Supervised Field Observation Rehabilitation Counseling. 3 Units**

**Term Typically Offered:** Fall, Spring

Introduction to the vocational rehabilitation program. Students will learn about the foundations of rehabilitation counseling through discussion and visits to a number of agencies in the community. Students will spend at least 30 hours over the course of the semester in a variety of community rehabilitation facilities.

**Note:** Open to unclassified graduate students on a space available basis.

Credit/No Credit

**EDC 475. Practicum In Counseling. 3 Units**

**Prerequisite(s):** Prerequisites for all specializations: EDC 210, EDC 214, EDC 216, EDC 280. Additional prerequisites by specialization: Career - EDC 212+, EDC 218, EDC 219+, EDC 260, EDC 262+; Community - EDC 201, EDC 212+, EDC 218, EDC 219; MFCC - EDC 212, EDC 218+, EDC 219, EDC 234, EDC 252+, EDC 476; School - EDC 252+, EDC 270.

**Corequisite(s):** By specialization: School - EDC 272.

**Term Typically Offered:** Fall, Spring

Supervised counseling practice in agency and/or school settings. Emphasis on application of counseling theories and the integration of one's own counseling philosophy into practical applications. Basic requirements: 100 clock hours with at least 40 client contact hours, 1 hour per week of individual/triadic supervision, and one and half hours per week of group supervision.

**Note:** Department petition is required the semester prior to enrollment.

Credit/No Credit

**EDC 476. Practicum in Marriage, Family and Child Counseling. 1 Unit**

**Prerequisite(s):** EDC 216, EDC 280, classified student in the Counselor Education Program.

**Corequisite(s):** EDC 234.

**Term Typically Offered:** Fall, Spring

Structured observation and supervised practice in marriage, family, and child counseling. Application of material learned in EDC 234. Emphasis on establishing relationships and interviewing techniques with multiple clients, assessment techniques, setting goals, and learning to think systemically. Laboratory two hours.

Credit/No Credit

**EDC 480. Field Study In Counseling. 2 - 6 Units**

**Prerequisite(s):** EDC 475 and all of its prerequisites. Additional prerequisites by specialization: MFCC - completion of required courses except culminating requirement.

**Corequisite(s):** By specialization: School - EDC 272.

**Term Typically Offered:** Fall, Spring

Supervised counseling and field experiences arranged in community-based settings such schools, colleges and/or agencies. One hundred clock hours of experience required for each unit of credit for a total of six hundred clock hours (or 6 units). Weekly supervision is provided throughout the field experience: one hour per week of individual/triadic supervision and one and half hours per week of group supervision.

**Note:** Department petition and approval of faculty advisor is required the semester prior to enrollment.

Credit/No Credit

**EDC 500. Master's Culminating Experience. 1 Unit**

**Prerequisite(s):** Advanced to candidacy for the master's degree and enrollment in the last semester of course work; Classified student in the Counselor Education Program; Department petition required the semester prior to enrollment.

**Term Typically Offered:** Fall, Spring

Focuses on reviewing and synthesizing of student's knowledge of theory, and practice. A review and examination of previous learning will be included.

**Note:** Taken in preparation for the comprehensive examination.

Credit/No Credit

**EDC 551. Master's Project - Counseling - Plan B. 3 Units**

**Prerequisite(s):** Advanced to candidacy. All course requirements in Counselor Education and EDC 505.

**Term Typically Offered:** Fall, Spring

Completion of a project approved for the Master's degree.

**Note:** Department petition is required the semester prior to enrollment.