

MENTAL HEALTH COUNSELING

MH 625 • Theories of Mental Health Counseling 3 Credits

Students review and critique—from theological, theoretical and cultural perspectives—the major psychological theories. For each theory, students will learn the main concepts, views on human behavior, mental/emotional processes, and psychopathology. Students will be introduced to the theories' frameworks for intervention in counseling and begin to articulate their own approach to psychotherapy. Campus: San Diego.

MH 626 • Advanced Psychotherapy Theories & Techniques 3 Credits

Students acquire knowledge and skills of advanced psychotherapy theories, evidence-based practices, treatment planning and application of empirically supported therapy intervention strategies. Emphasis is placed on providing professional recovery-oriented psychotherapy services contextualized to diverse populations. Attention will also be given to the integration of clinical theory with issues of faith, exploring the application and relevance of theological concepts to psychotherapy models.

Prerequisites: MH 625, MF646. Campus: San Diego.

MH 627 • Group Psychotherapy 3 Credits

Major approaches to group therapy are presented with an emphasis on process groups and the use of experiential and didactic strategies. Patterns of communication, common topics, and relevant issues in group dynamics alongside the role and characteristics of effective leaders are explored, coinciding with practice of basic leadership and facilitation skills. Therapy groups are differentiated from self-help, 12-step, care groups, and other group experiences. Students will learn the theoretical underpinnings and practical implications of group dynamics in therapeutic work practices, church fellowships, and other social settings. They will have the unique experience of participating in a therapy group with their peers, as well as practice advanced group therapy leadership and facilitation skills. Participants in this course will be exposed to designing, implementing, and evaluating therapy group programs and interventions contextualized to diverse populations and varying clinical and community settings informed by an understanding of cultural diversity and socio-economic issues.

Prerequisites: MH 625 or MF625. Campus: San Diego.

MH 636 • Career Development 3 Credits

This course introduces career development theories and service delivery models, examining educational, personal, legal, ethical, and occupational aspects of career development throughout the lifespan. Students will explore employment trends, demographics, and career satisfaction from integrated social science and theological perspectives with applications to culturally and economically diverse populations with varying resources.

Prerequisites: MH 625. Campus: San Diego.

MH 638 • Counseling Children, Adolescents, and Their Families 3 Credits

Theories and techniques for working with children, adolescents and their families, including evidence-based treatments for common childhood disorders, assessment approaches, play and child therapy techniques, child abuse assessment reporting and treatment (7 hours of instruction), domestic violence, self-harm, suicide interventions and cultural influences in the realm of parenting. Campus: San Diego.

MH 645 • Psychobiology and Psychopharmacology 3 Credits

Students are introduced to the biological basis of behavior and psychopathology, and gain a historical perspective of treatment uses of medication for mental disorders within the contexts of biological, social, cultural, gender, and religious issues. Focus is on major classifications of psychotropic drugs, specifying their psychiatric uses, benefits, side effects, toxicities, combinations, and biochemical actions. Students explore how LPCCs can best work with medical and other mental health practitioners to provide a more comprehensive, coordinated, recovery oriented plan of care to clients/patients.

Prerequisites: MH 625, MF646. Campus: San Diego.

Mental Health Counseling 2

MH 649 • Counseling Couples in Relationship 3 Credits

Theories and techniques for working with couples, including overview of current theories, evidence-based treatment, research on successful marriages and divorce and dynamics of faith, privilege and oppression as related to couples. Assessment and treatment of spousal abuse. Study of sexual dysfunctions and sex therapy.

Prerequisites: MH 625. Campus: San Diego.

MH 655 • Chemical Dependency, Addictions, and Co-Occurring Disorders 3 Credits

Students are exposed to research and theories of ideology, progression, assessment, and treatment models of behavioral addictions, alcoholism, other substance abuse, dependency, and co-occurring disorders. Spiritual, psychosocial, and biological perspectives are integrated, with special emphasis on the effects of chronic poverty.

Prerequisites: MH 625, MF646. Campus: San Diego.

MH 656 • Crisis Intervention and Trauma Response 3 Credits

Examines theories, legal and ethical issues related to crisis intervention and trauma response practiced in psychotherapy, chaplaincy, and church-based systems. Exploration of the biopsychosocial spiritual and theodicy frameworks for crisis intervention and trauma response. Brief assessments, triage and intervention in crisis incidents such as DV, IPV, suicide, substance abuse, child abuse, elder and dependent abuse will be discussed. Normal transitional and non-normative crises such as loss, grief, terminal illness, accident, and death will be examined. Protocols for response to psychological trauma associated with natural and human-caused disasters. Neuroscience research will inform the assessments and interventions related to mental health disorders such as PTSD and TBI. Strategies will be studied to mitigate the negative impact of trauma on the individual, family system, and the prevention of post-trauma syndromes for primary and secondary trauma victims. Self-care strategies for long-term ministry will be practiced. Government and faith-based resources and referrals will be identified.

Prerequisites: MH 625 or MF625. Campus: San Diego.

MH 715 • Mental Health Counseling Practicum I 3 Credits

These two courses (MH 715 and MH 716) constitute a nine-month practicum including 350 hours of clinical contact and a minimum of 70 hours of supervision by an approved California licensed LPCC, psychologist, LMFT, LCSW or board certified psychiatrist supervisor. The practicum fulfills the requirements of the BBS for face-to-face experience counseling individuals, families, or groups. A continuation fee of \$357 is assessed for any semester of participation in group supervision beyond the second S.C.E. unit for MHC students.

Prerequisites: Approved self-assessment, passing the Practicum Qualifying Exam, and permission of the MHC program director. Campus: San Diego. Special Notes: Audit unavailable.

MH 716 • Mental Health Counseling Practicum II 3 Credits

These two courses (MH 715 and MH 716) constitute a nine-month practicum including 350 hours of clinical contact and a minimum of 70 hours of supervision by an approved California licensed LPCC, psychologist, LMFT, LCSW, or board certified psychiatrist supervisor. The practicum fulfills the requirements of the BBS for face-to-face experience counseling individuals, families, or groups. A continuation fee of \$357 is assessed for any semester of participation in group supervision beyond the second S.C.E. unit for MHC students.

Prerequisites: Approved self-assessment, passing the Practicum Qualifying Exam, and permission of the MHC program director. Campus: San Diego. Special Notes: Audit unavailable.

MH 751 • Seminar in Mental Health Counseling 1.5,3 Credits

An in-depth study of particular mental health theme.

MH 785 • Mental Health Counseling Senior Integrative Seminar 1 Credit

This course is designed to be taken concurrently with, yet separate from, students' last term of practicum experience. The seminar supports students writing a master's level capstone project consisting of their theology (biblical and theological formation), spirituality (personal and spiritual formation as a therapist), clinical theory, and clinical practice (professional formation). This MHC Senior Integrative Project integrates students' academic, interpersonal, and practice experiences in the program. Campus: San Diego.