# Counseling Psychology (CNP)

## Courses

**CNP 3802 Peer Counseling (3 Credits)**
Are you interested in learning about how to help others? Interested in being a counselor? This course will provide an introduction to the profession of counseling. Learn more about the variety of roles and responsibilities of mental health professionals and how you can learn how to help others.

**CNP 4641 Adolescent Development (3 Credits)**
Physical, cognitive, emotional, social, and moral development in adolescents with emphasis on interaction of various aspects of development within an environmental context; focus on normal development with exploration of special problems of adolescents, e.g., substance abuse, teen-age pregnancy, eating disorders and delinquency; critical study, and discussion of literature on adolescence and interviews with adolescents.

**CNP 4642 Adult Development (3 Credits)**
Literature on normal development of adult thinking and problem-solving processes and the self-esteem. Physiological changes and relationship between cognitive development and developmental tasks of adults included.

**CNP 4645 Lifespan Development (3 Credits)**
Survey of the principles of development from conception to adulthood, emphasizing biological, environmental, and cultural factors affecting development.

**CNP 4700 Counseling Theory (3 Credits)**
Basic counseling theories and philosophical principles as a foundation for professional training including history, concepts, techniques and trends.

**CNP 4701 Advanced Seminar: Counseling Theory (3 Credits)**
Focus on advanced practice issues and (doctoral students only) integration of theory and practice.

**CNP 4702 Introduction to Assessment (3 Credits)**
Psychological instruments used to assess social, educational, emotional, personality, language, intellectual, behavioral, and perceptual development of adolescents; required practice in administering instruments.

**CNP 4704 Psychological Assessment (5 Credits)**
Administration, scoring and interpretation of objective and projective personality-assessment techniques, the DSM IV, diagnostic categories, report-writing skills, ethical standards for testing. Lab fee required. Prerequisite: counseling or school of psychology Ph.D. student or instructor approval.

**CNP 4705 History and Systems of Psychology (3 Credits)**
Historical and philosophical basis of modern psychological theories; basic issues as related to major school of psychology.

**CNP 4706 Cognitive Assessment (5 Credits)**
This course provides students in Counseling Psychology with experience in individual intelligence, learning and memory, and neurocognitive screening test administration, scoring, interpretation, and report writing. Each student has an opportunity to administer various cognitive measures, with particular emphasis on the Wechsler Scales. Contemporary issues pertinent to the assessment of intelligence are covered. Emphasis is placed on synthesizing and integrating information from cognitive assessment with other sources to produce effective intervention and therapeutic recommendations. Issues regarding the use of such tests are discussed, as well as appropriate use in agencies and clinical practice. Lab fee required.

**CNP 4710 Career Counseling (3 Credits)**
Career development theories; career counseling and assessment techniques; applications of career counseling to special populations. Lab fee required.

**CNP 4711 Advanced Group Counseling (3 Credits)**
Advanced group course that concentrates on advanced leadership skills, leadership styles, and leader methods geared toward conducting counseling groups with diverse populations for different problem areas. This class will also focus on the theory and research on group counseling and psychotherapy.

**CNP 4712 Grief and Loss (3 Credits)**
This course is an opportunity for students to examine their own ideas about grief and loss and come to a clearer understanding of their meaning, with the goal of using this personal growth to facilitate the development of professional and clinical skills. The course will examine current theory, clinical applications, and research implications with an emphasis on personal exploration and cultural considerations.

**CNP 4720 Group Counseling Theory (3 Credits)**
Theory and research on dynamics of group process, group treatment and leadership strategies; implications for group counseling and psychotherapy. Prerequisite: master’s or doctoral student in counseling or related field.

**CNP 4730 Counseling Psychology Program Development and Evaluation (3 Credits)**
Development, evaluation strategies and techniques for human service agencies and schools; application of research and evaluation skills in applied settings.

**CNP 4740 Basic Counseling Techniques (4 Credits)**
Basic counseling and interviewing skills; emphasis on building counseling relationships and facilitating client’s self-exploration; skills of empathy, advanced empathy, self-disclosure, confrontation and immediacy.

**CNP 4741 Int Counseling Techniques (4 Credits)**
Sample of counseling techniques and effectiveness with different types of clients. Prerequisite: CNP 4740.
CNP 4743 Fieldwork in Counseling (1 Credit)
Introduction to the field of counseling with special emphasis on practicum placement. Prerequisite: admission to the MA program in counseling psychology.

CNP 4750 Counseling Psychology Beginning Practicum (1-4 Credits)
Supervised practice in counseling for master's students. Prerequisite: CNP 4740, and be a counseling psychology student.

CNP 4751 M.A. Internship (1-4 Credits)
Yearlong, 600-hour supervised field practice for second-year master's students with weekly seminar. Prerequisites: CNP 4750 and be a counseling psychology master's students.

CNP 4752 Counseling Psychology Advanced Practicum I (3 Credits)
Supervised practice in counseling for doctoral students. Prerequisites: CNP 4750 or prior practicum, and be a counseling psychology student.

CNP 4753 Counseling Psychology Advanced Practicum II (1 Credit)
Group supervised practice in counseling for second-year doctoral students with emphasis on process and countertransference issues. Prerequisite: CNP 4752.

CNP 4754 Couns Psych: PhD Internship (1 Credit)
Meets 12-month internship requirement in counseling psychology. Prerequisites: completion of comprehensive examination and dissertation proposal.

CNP 4755 MA Clinic (2-5 Credits)
MA clinic is a required course for all students in the 90-credit Clinical Mental Health Counseling Concentration.

CNP 4756 PhD Counseling Clinic (1 Credit)
On-campus, advanced-experience counseling of clients from the community with close supervision and observation. Prerequisite: Doctoral student in counseling psychology.

CNP 4758 PhD Field Experience (8 Credits)
Required 12-month, 40-hour-per-week internship for doctoral students in Counseling Psychology. Registration for this course indicates full-time enrollment. This course is not graded. Prerequisites: completion of comprehensive examination and dissertation proposal. Department approval is required for registration. Fall quarter enrollment must be done in conjunction with CNP 4754.

CNP 4760 School Counseling Practicum (2-4 Credits)
A minimum of 100 hours supervised practice in School Counseling for Master's students in the School Counseling Concentration. Students must be supervised by a licensed school counselor.

CNP 4761 School Counseling Internship I (2-4 Credits)
100-hour supervised field practice in a school setting for Master's students in the School Counseling Concentration, with weekly seminar. Students must be supervised by a licensed school counselor.

CNP 4762 School Counseling Internship II (1 Credit)
A minimum of 600-hour supervised field practice in a school setting for master's students in the School Counseling Concentration, with weekly seminar. Students must be supervised by a licensed school counselor.

CNP 4769 Cognitive Behavioral Strategies (3 Credits)
Historical perspective on cognitive and behavioral theories in psychology, assessment, treatment and evaluation from a cognitive-behavioral approach. Prerequisite: advanced master's or doctoral student.

CNP 4770 Counseling Psychology Seminar: Research (3 Credits)
Review of current process and outcome research in counseling and psychotherapy; substantive issues, including client and therapist variables as well as methodological issues and experimental designs. Prerequisite: doctoral student.

CNP 4772 Diversity Seminar: Psycho-Social Issues (1 Credit)
Series of courses to analyze social and psychological impacts of oppression related to minority status, socioeconomic status, gender and family configurations; taught using an awareness and knowledge approach; implications for counseling; series includes general seminar and series of 1 credit follow-up seminars on particular topics, e.g., American Indian mental health, African- American mental health and women's mental health. Prerequisites: CNP 4773 and students must take the 3-credit general seminar prior to the individual seminars.

CNP 4773 Diversity: Multicultural Counseling Psychosocial Issues (3 Credits)
This course uses a social justice perspective to examine the impact of oppression of Americans considered having a minority status in the United States. Minority status is defined according to an individual's current experiences and/or his or her group's history of oppression in America. Issues and concepts related to ability, age, class, socioeconomic position, ethnicity, gender, race, religion, sexual orientation, and other issues of oppression will be examined. The course is designed to present a general introduction to multicultural and social justice concepts and issues in multicultural counseling. Due to the extensive amount of material in this area only some selected issues and topics will be presented. Students interested in more specific multicultural diversity topics should take the one-credit Counseling Psychology diversity seminars or courses offered in other University of Denver colleges and departments. Students will be involved in interactive learning including the application of awareness and knowledge of course concepts and issues to themselves as participants in counseling with clients who have experienced oppression. The course is designed for graduate students who are professionals-in-training in mental health, counseling, and counseling psychology. Students should have a basic understanding of professional counseling skills and be willing to participate in counseling role-play activities. However, please note that this is not a clinical skills training course.
CNP 4776 Family Counseling (3 Credits)
Introduction to family counseling, including survey of major theories and research, and in-class demonstrations of techniques. Prerequisite: advanced master's or doctoral student.

CNP 4778 Health Psychology (3 Credits)
Overview of rapidly expanding field of health psychology; wide variety of topics dealing with role of psychological processes in health and health care; includes impact of stress on physical health, and psychological factors that determine health-related behavior, psychological aspects of delivery of health care, and assessment issues in health psychology.

CNP 4780 Counseling Psychology Seminar: Supervision (3 Credits)
Introduces literature and research on counseling supervision, including awareness of individual differences; provides experience supervising master's level counselors. Prerequisites: doctoral student and CNP 4752.

CNP 4784 Psychopathology (3 Credits)
Introduction to psychopathology and overview of several broad topics including schizophrenia, mood disorders and personality disorders.

CNP 4787 Motivational Interviewing (3 Credits)
Motivational Interviewing is a client-centered collaborative style of therapeutic relationship designed to strengthen a person's motivation for and commitment to change. This class facilitates skill development in managing client ambivalence, eliciting change-talk and honoring the client's autonomy regarding taking steps toward a commonly agreed upon goal.

CNP 4788 Physiological Psychology (3 Credits)
Physiological Psychology is designed to expose students to the field of physiology and highlights its reciprocal relationship with behavior. We will cover topics including the structure and function of the nervous system and areas of research relevant to clinical psychology (e.g., substance abuse, mental illness, and biological rhythms). Given the limited time devoted to each area, more in-depth coverage should be pursued by interested persons.

CNP 4789 Pharmacology of Addictive Behavior I and II (4 Credits)
This class provides a solid base of knowledge about the drugs of abuse including what occurs physiologically with drug use and other addictive behaviors. Additionally, this course explores neuroscience and genetic research on addiction to better understand the changes in the brain that underlie drug use and addictive behaviors.

CNP 4790 Counseling Psychology Seminar: Ethics (3 Credits)
Professional ethics in practice and research in counseling psychology, including informed consent, confidentiality, clients' rights, psychologists' obligations, etc.; basic APA documents. Prerequisite: doctoral student.

CNP 4791 Counseling Psychology Seminar: Counseling Couples (3 Credits)
Introduction to couples counseling, including survey of major theories and research.

CNP 4792 Pro-Seminar in Counseling Psychology (1 Credit)
Introduction to field of counseling psychology required for all first-quarter doctoral students. Prerequisite: counseling psychology doctoral students.

CNP 4794 Counseling Psychology Seminar: Special Topics (1-10 Credits)
Variety of special topics on research and practice in counseling psychology; readings, lectures and projects to provide an in-depth understanding of topics, which vary from to year and cover areas such as counseling women, counseling in business and industry, advanced group therapy, time-limit counseling, vocational counseling, etc.

CNP 4795 Master of Arts Counseling: Legal and Ethical Issues (3 Credits)
Introduction to ethical and legal issues in school and agency counseling for master's students. Prerequisite: master's student in counseling psychology.

CNP 4797 Counseling Addictive Behavior (3 Credits)
Introduction to assessment, treatment and outcome evaluation of chemical and nonchemical addictive behaviors. Requirements include abstinence from a "compulsive" behavior; journaling about one's cognitive, emotional and behavioral reactions during the abstinence period; attending 12-step meetings; participating in a quasi-12-step in class meeting; critiquing a film depicting dynamics of an alcoholic family.

CNP 4799 Infectious Diseases in Addictive Behaviors (2 Credits)
Drug and alcohol abuse and infectious diseases go hand in hand. This class explores the high risk for contracting and spreading infectious diseases among drug abusers. This class helps prepare students to identify such diseases, determine client risk for infection, and educate students about disease prevention and treatment options.

CNP 4800 Consultation (1 Credit)
This course is designed to teach the basic theories of psychological consultation that can be used to guide practice in a variety of settings. Students learn to differentiate process, collaborative and expert consultation. The class format includes presentations from practitioners working in school, medical, forensic, and business settings. In addition, students also learn about the ethical principles that guide their practice and to also become sensitive to how their work with diverse cultural backgrounds may be perceived. Prerequisite: must be enrolled in the Counseling Psychology doctoral program.
CNP 4991 MA Independent Study (1-10 Credits)
CNP 4992 Directed Study (1-10 Credits)
CNP 4995 Research - M.A. Thesis (1-10 Credits)
CNP 5991 PhD Independent Study (1-10 Credits)
CNP 5992 Directed Study (1-10 Credits)
CNP 5995 Dissertation Research (1-20 Credits)