

# COUNSELING PSYCHOLOGY (CNP)

---

## **CNP 1200 Career Decision Making (2 Credits)**

For undergraduates unsure of their academic and/or career direction. Helps students explore their interests, skills, values and the world of work; provides decision-making strategies to aid in future career and life decisions.

## **CNP 1250 Peer Counseling (2 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 1650 Unlearning to Learn: A Journey in Self Discovery (1-2 Credits)**

Introduction for students to gain self-awareness and broadening viewpoints to aid in their success as a new student at the University of Denver. This course will focus on interactive and experiential learning around topics such as personality, learning styles, emotional intelligence, strengths and virtues, and learning across difference. This interactive and experiential learning community will engage in critical thinking, challenging dialogues, and praxis (i.e. reflection and action) through a holistic approach of understanding personality, learning styles, emotional intelligence, strengths and virtues, and learning across difference. The aim of this course is to cultivate a sense of belonging through self-discovery. This course provides foundational skill-building to prepare students to actively engage in their learning experience at the University of Denver.

## **CNP 1700 Introduction to 4D Peer Mentorship (0-1 Credits)**

This course will prepare students to serve as effective peer mentors through their role as 4D Peer Mentors. By introducing students to emotionally intelligent leadership, they will build their identity as a leader. This leadership identity will be supplemented by student development/transition theory as students' consider their own transition to college and how they can apply that to their role as a 4D] Peer Mentor. Embedded throughout the course, students will be introduced to the 4D Experience framework and grow in their understanding and application of the tenants of 4D to successfully complete the course.

## **CNP 1850 Counseling Psychology: Asian American Psychology (4 Credits)**

In this course, we will examine psychological theory and research centered on Asian American individuals and the community, including the historical, sociopolitical, cultural, and interpersonal processes that shape the psychological experience. Although we will sometimes be discussing "Asian Americans" and general trends in this class, it is important to recognize that Asian Americans are not a monolithic group, but rather are many different groups and individuals with diverse historical and cultural backgrounds. We begin the course by exploring the history of Asian Americans in the US (e.g., immigration, communities), as well as the history, evolution, and methodologies of the field of Asian American Psychology. We then engage in an in-depth discussion of various prominent social stereotypes faced by Asian Americans, such as the Model Minority Myth (MMM), being seen as a perpetual foreigner, and so on. We also discuss what an Asian American identity entails, and the acculturation/enculturation process of bicultural and multicultural individuals. Later in the course, we visit topics such as gender and sexuality, mental health, relationships with other minoritized groups, and end the course with current issues (e.g., anti-Asian American racism during the COVID-19 pandemic).

## **CNP 2550 Psychology of Men and Masculinities (4 Credits)**

This course is designed to focus on men, and how their lived experiences impact the daily lives and experiences of all gendered individuals in the U.S. This course focuses on the psychological process of men and masculinity.

## **CNP 3249 Counseling Psychology: Health and Positive Psychology (4 Credits)**

This course will provide an overview of the topic of health psychology. Health psychology is the study of the bi-directional relationship between psychology and health. Topics in this course will include psychological factors that lead people to act in unhealthy ways, how people adjust and cope with pain and illness, the impact of stress and social support on health, and cultural considerations in health and well-being. Enforced Prerequisites: Psych 101.

## **CNP 3263 Counseling Psychology: The Psychology of Sex and Intimate Relationships (4 Credits)**

This course will examine theoretical perspectives and current research in the study of sex and intimate relationships. Topics will include the development of sexual attraction, theories of intimate relationship development, communication, common problems in relationships (jealousy, infidelity, conflict, attachment, etc.), individual and gender differences in sexual behaviors and intimate relationships.

## **CNP 3701 Topics in Counseling Psychology (4 Credits)**

Selected themes and topics from Counseling Psychology. Content changes and course may be repeated to a maximum of 12 credit.

## **CNP 3991 Independent Study (1-10 Credits)**