

Required Courses

CMHC 700 Professional Counseling Orientation and Ethics **3 Credits**

Provides an orientation to professional counseling, ethical standards, and wellness model. Explores the role of advocacy and social justice in the counseling field and includes orientation to reflective counseling practice.

[CMHC 700 course syllabus](#)

CMHC 702 Counseling Skills and Strategies (Hybrid) **3 Credits**

Provides an in-depth orientation to skills and strategies of intervention used in professional counseling settings. Offers students the opportunity to practice and apply skills in triads with peers. Utilizes assignments to develop competencies in counseling practice. *(Hybrid)*

Students starting in Fall 2026, will have to fulfill a “residency requirement” by attending two CMHC 702 course lectures in person on the UW-Parkside campus during the 14-week Fall semester.

[CMHC 702 course syllabus](#)

CMHC 704 Counseling Theories **3 Credits**

Provides an introduction to the major systematic approaches to clinical mental health counseling. Examines theoretical case conceptualization and interventions, and psychotherapy research and integration.

[CMHC 704 course syllabus](#)

CMHC 706 Group Counseling (Hybrid) **3 Credits**

Provides an in-depth orientation to group counseling leadership skills and strategies for management of group counseling. Offers students an opportunity to experience being a group member while simultaneously developing knowledge in group theories and group leadership skills. *(Hybrid)*

Students starting in Fall 2026, will have to fulfill a “residency requirement” by attending two CMHC 706 course lectures in person on the UW-Parkside campus during the 14-week Fall semester.

CMHC 714 Lifespan Development in Counseling **3 Credits**

Provides an introduction to human growth and development across the lifespan. Examines influences on multiple domains of human development, and the implications for professional counseling practice.

CMHC 716 Social and Cultural Foundations of Counseling **3 Credits**

Introduces social, cultural, and diversity issues in professional counseling. Examines multiculturally competent professional counseling practice, counselor cultural self-awareness, the socially and culturally diverse society in which counselors work, and roles of professional counselors to promote social justice and advocacy.

[CMHC 716 course syllabus](#)

CMHC 720 Assessment Procedures in Counseling Introduces assessment procedures in professional counseling. Focuses on different domains and procedures of assessment, psychometrics, test scores, integration of assessment results in counseling, and ethical use of assessment procedures. (8 weeks)	3 Credits
CMHC 722 Research and Evaluation in Counseling Introduces research and evaluation in professional counseling. Presents types of research designs, basic statistics, research implementation, research report development, and publication of research information. Includes the use of program evaluation and needs assessment. CMHC 722 course syllabus	3 Credits
CMHC 740 Foundations of Clinical Mental Health Counseling Provides an orientation to clinical mental health counseling, roles of clinical mental health counselors in employment settings, and functions of counselors in professional settings. Introduces crisis intervention models and the role of advocacy and social justice in the field. CMHC 740 course syllabus	3 Credits
CMHC 742 Abnormal Behavior and Psychopathology Provides an overview of abnormal behavior and psychopathology consistent with the current DSM Manual. Offers a framework to consider pathology in the context of the counseling profession, including the wellness model, strengths-based assessments, and trauma-informed care.	3 Credits
CMHC 750 Diagnosis and Treatment Planning Examines diagnostic assessment and treatment planning consistent with the current DSM manual utilizing evidence-based assessment and diagnosis procedures to develop diagnosis skills. Addresses diagnosis, treatment planning, and policy/advocacy issues associated with various disorders. <i>Prerequisites: CMHC 742 or concurrent</i>	3 Credits
CMHC 752 Trauma and Crisis Counseling Focuses on both theory and skill development of crisis and trauma counseling across the lifespan in a range of settings. (8 weeks) <i>Prerequisites: CMHC 740</i>	3 Credits
CMHC 754 Addictions Counseling Explores addictions theories and counseling for individuals with substance use disorders including assessment measures, treatment approaches, theory of addiction, and implications for substance use as a comorbid condition. CMHC 754 course syllabus	3 Credits
CMHC 756 Family and Couples Counseling Examines major systemic theories and issues of family and couples counseling within a multicultural society. Explores issues, assessment and treatment of dysfunctional partner, marital, family, and systems relationships.	3 Credits

CMHC 758 Counseling for Work and Career

3 Credits

Applies career development theories, research, assessments, interventions, and information resources to meet the educational and work needs, planning, and decision-making of clients across the life span.

CMHC 794 Counseling Practicum (Synchronous)

3 Credits

Offers a closely supervised clinical experience in a training setting to enhance skill level and broaden the array of skills. Students will receive weekly supervision by both site supervisor and University supervisor. Students complete a minimum of 100 hours of practicum experiences with at least 40 hours of face-to-face client contact. *(Synchronous)*

Prerequisites: CMHC 740 and satisfactory ratings of program evaluation metrics.

CMHC 795 Internship in Counseling I (Synchronous)

3 Credits

Provides an opportunity for supervised counseling experience in which students serve as counselors at prearranged sites. Students complete a minimum of 300 hours of supervised internship experiences with at least 240 hours of face-to-face client contact. *(12 weeks, synchronous)*

Prerequisites: CMHC 740, CMHC 794, and satisfactory ratings of program evaluation metrics; consent of instructor and department chair.

CMHC 796 Internship in Counseling II (Synchronous)

3 Credits

Provides an additional opportunity for supervised counseling experience in which students serve as counselors at prearranged sites. Students complete a minimum of 300 hours of supervised internship experiences with at least 240 hours of face-to-face client contact. *(Synchronous)*

Prerequisites: CMHC 740, CMHC 794, CMHC 795, and satisfactory ratings of program evaluation metrics; consent of instructor and department chair.

Elective Courses

CMHC 770 Advanced Counseling for Work and Career

3 Credits

Examines implications of research, underlying assumptions of techniques and theories, multicultural considerations, and changing nature of the world of work for professional counseling practice related to work.

Prerequisites: CMHC 758

CMHC 771 Supervision and Consultation

3 Credits

Offers an in-depth review of management, administration, supervision, and consultation roles of mental health counselors. Includes an opportunity to interview supervisors in the field of clinical mental health counseling.

Prerequisites: CMHC 740

CMHC 772 Advanced Crisis and Trauma Counseling

3 Credits

Provides an in-depth review of trauma theories, evidence-based outcomes measures, and trauma-specific treatment models utilized by mental health counselors. Includes research projects regarding trauma, specific populations, and treatment practices.

Prerequisites: CMHC 752, and concurrent registration in CMHC 794 or CMHC 795 or CMHC 796

CMHC 775 Advanced Addictions Counseling

3 Credits

Continues to examine chemical and process addictions. Emphasizes the application of models of addiction, assessment and treatment planning to providing comprehensive mental health counseling services for individuals and families. Addresses ethical and legal issues, and motivational interviewing.

Prerequisites: CMHC 754

CMHC 776 Counseling Children and Adolescents

2 Credits

Examines the relevant theories, treatment modalities, and mental health disorders common to children and adolescents. Covers the identification and implementation of evidence-based practices that are considerate of the ethical, cultural, and developmental needs of children and adolescents.

CMHC 790 Special Topics in Clinical Mental Health Counseling

3 Credits

Delves into special topics in clinical mental health counseling. May repeat with different topic.

Prerequisites: Varies by topic

CMHC 798 Independent Reading or Research

1-3 Credits

Offers independent reading or research activities under the direction of a faculty member.

Prerequisites: Consent of instructor, department chair.

CMHC 799 Thesis

3 Credits

Provides supervision of thesis under the direction of a faculty member.

Prerequisites: Consent of instructor.