Contemporary Theory in Mental Health Services
Graduate Certificate

Effective July 10, 2017
The Contemporary Theory in Mental Health Services graduate certificate is designed for professionals who want to increase their knowledge of assessment and treatment of mental health issues. This graduate certificate is not designed to meet licensure requirements for the counseling professions.

Graduate certificates are an ideal way to update existing knowledge, gain new knowledge, and study at the graduate level. Coursework completed in a graduate certificate program may be applied toward a graduate degree program at Capella.

This graduate certificate is offered in the GuidedPath delivery model.
Curriculum

- 5 required courses
- Total program credits: 20 quarter credits

REQUIRED COURSES

- COUN5004 Survey of Research in Human Development for Professional Counselors ........................................ 4 quarter credits
- COUN5217 Ethical and Legal Issues in Professional Counseling .......... 4 quarter credits
- COUN5223 Introduction to Clinical Mental Health Counseling ........... 4 quarter credits
- COUN5239 Theories of Psychotherapy ........................................ 4 quarter credits
- COUN5336 Counseling and Advocacy with Diverse Populations ...... 4 quarter credits

The courses in this program may require live web conferencing activities and/or learner audio/video recordings. Learners who require assistive technology or alternative communication methods to participate in these activities should contact Disability Services to request accommodations.
Course Descriptions

COUN5004  Survey of Research in Human Development for Professional Counselors  4 QUARTER CREDITS
This course presents theories of human development and behavior throughout the lifecycle. Learners examine approaches for researching human development, including personality and moral development theory. Learners also focus on the developing person using the theoretical lenses of disciplines such as psychology, anthropology, and biology. Must be taken during the learner’s first quarter. Cannot be fulfilled by transfer.

COUN5217  Ethical and Legal Issues in Professional Counseling  4 QUARTER CREDITS
In this course, learners evaluate current legal and ethical guidelines used in the counseling profession. Learners apply decision-making models and formulate effective collaboration strategies used to resolve legal and ethical issues that arise when working with children, adults, couples, and families. Learners also analyze how personal belief systems influence counselors’ responses to those issues.

COUN5223  Introduction to Clinical Mental Health Counseling  4 QUARTER CREDITS
This course is an introduction to current practices and trends in the clinical mental health counseling profession. Learners analyze the effects of current issues and public policy on the practice of clinical mental health counseling. Learners examine professional counselors’ roles in a variety of health service delivery modalities within the continuum of care. In addition, learners review models and strategies of professional consultation and supervision.

COUN5239  Theories of Psychotherapy  4 QUARTER CREDITS
This course presents various theories of psychotherapy and their respective philosophical principles and assumptions. Learners evaluate the theoretical concepts and evidence-based practices of psychotherapy and examine appropriate application of theories and interventions to a diverse client population. Prerequisite(s): MS Marriage and Family Counseling/Therapy learners must have completed COUN5220 and COUN5270.

COUN5336  Counseling and Advocacy with Diverse Populations  4 QUARTER CREDITS
This course introduces theory and research related to culturally competent counseling and social justice advocacy. Learners consider the characteristics and concerns of diverse populations as they inform counseling and advocacy practices that promote optimal wellness and growth for individuals, couples, families, and groups. Learners also assess the influence of their own characteristics, attitudes, and beliefs on the counseling process; examine their roles in promoting social justice at multiple levels; and evaluate approaches for prevention of mental health issues in a multicultural society.
Recommended Course Sequence

This recommended course sequence assumes learners take one course per quarter. Some learners elect to take two courses per quarter based on workload and the amount of time available for graduate study. On-time completion for this graduate certificate is three active quarters.

<table>
<thead>
<tr>
<th>YEAR 1</th>
<th>COURSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1</td>
<td>COUN5004 Survey of Research in Human Development for Professional Counselors</td>
</tr>
<tr>
<td>Q2</td>
<td>COUN5223 Introduction to Clinical Mental Health Counseling</td>
</tr>
<tr>
<td>Q3</td>
<td>COUN5336 Counseling and Advocacy with Diverse Populations</td>
</tr>
<tr>
<td>Q4</td>
<td>COUN5239 Theories of Psychotherapy</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>YEAR 2</th>
<th>COURSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q5</td>
<td>COUN5217 Ethical and Legal Issues in Professional Counseling</td>
</tr>
</tbody>
</table>
Financial Aid

Capella University offers assistance to learners who qualify and would like to secure educational funding to help finance their academic program. A number of options are available, given the diverse needs and backgrounds of prospective learners. Options include:

- Federal Direct Stafford Loan Program
- Federal Direct PLUS Loan Program
- Non-federal loans through preferred lenders and financial institutions
- Capella scholarships
- External scholarships
- Veterans’ educational benefits and U.S. armed forces discounts
- Corporate and higher education alliances
- Employer tuition reimbursement

Regarding loan programs, interest rates for Stafford student loans are low compared to other types of consumer loans, and repayment can be deferred until after graduation. In compliance with federal and state laws, Capella University has established policies for all learners regarding satisfactory academic progress, which is necessary for financial aid eligibility.

Tuition and Fees

This tuition estimate is effective July 10, 2017, and is subject to change. For current pricing, visit the Capella University website at www.capella.edu.

<table>
<thead>
<tr>
<th>TUITION/FEE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition per credit</td>
<td>$487</td>
</tr>
<tr>
<td>Resource kit per quarter</td>
<td>$175</td>
</tr>
</tbody>
</table>
Academic Leadership

Anna Hultquist, PhD
Dean
Anna Hultquist is dean of counseling and human behavior programs within Capella University’s Harold Abel School of Social and Behavioral Sciences, having previously served as associate dean for the Department of Counseling. Dr. Hultquist has more than 20 years of experience as a licensed therapist, counselor educator, and program director, designing programs to meet state and national accreditation standards. In addition to maintaining an active private practice, Dr. Hultquist has established and served as clinical director for two community-based counseling centers that trained graduate-level clinical interns. Her service to the profession has included professional licensure initiatives, appointment to the Oregon State Board for Professional Counselors and Therapists, and numerous conference presentations and professional articles. Dr. Hultquist earned a COAMFTE-accredited Master of Science in Human Development, Counseling and Family Studies from the University of Rhode Island, completed graduate work in guidance and school counseling at Rhode Island College, and earned a PhD in Adult Education from the University of Connecticut. Dr. Hultquist holds the distinction of Certified Family Life Educator from the National Council on Family Relations, as well as Clinical Member and Approved Supervisor from the American Association for Marriage and Family Therapy. She is also a member of the American Counseling Association, the Association for Conflict Resolution, and the International Association of Coaches.

Lisa McKenna, PhD
Faculty Chair
Dr. Lisa McKenna serves as faculty chair for the Counselor Education and Supervision and General Mental Health Counseling specializations, and the Contemporary Theory in Mental Health Services graduate certificate program within Capella University’s Harold Abel School of Social and Behavioral Sciences. She has published articles on aging and quality of life in the Journal of Aging, Journal of Gerontological Nursing, and Aging and Mental Health, and has presented research at professional conferences including the Gerontological Society of America, American Psychological Association, American Psychological Society, Society for Research on Adolescence, Society for Research on Human Development, and the National Institute for General Medical Sciences. She has worked as a counselor in the Youth and Family Development Program and the Psychological Services and Counseling Center at Florida International University, the Student Counseling Center at Nova Southeastern University, and in private practice conducting developmental assessments on young children, play therapy, and individual counseling for adolescents and adults, and filial therapy groups for parents. Dr. McKenna earned her PhD in Psychology from Florida International University, where her dissertation focused on mentoring and minority college student development. She is a licensed professional counselor in the state of Texas.
Move Forward with Capella University

WORKING SCHOLARS
Capella provides an online, flexible learning environment for working adults who are also determined scholars. That connection between academic and professional work infuses the entire Capella experience—from the faculty we recruit to the course projects you complete. The theories discussed in the courseroom are designed to develop working knowledge for everyday situations.

AN ACCREDITED UNIVERSITY
Our accreditation* is an assurance to students, employers, and the public that Capella University meets or exceeds established standards for quality of faculty, curriculum, and learner services. It is also an important factor in the ability to transfer credits among higher education institutions. Regional accreditation, the type held by Capella, is the most common type for major public, state, and private institutions in the United States.

VALUING YOUR KNOWLEDGE AND EXPERIENCE
Adults bring a wealth of experience and learning to their education. Capella courses are designed to bring out your perspectives just as you gain from others’ ideas.

*ACCREDITATION
Capella University is accredited by the Higher Learning Commission.

HIGHER LEARNING COMMISSION
https://www.hlcommission.org
800.621.7440

© 2017 Capella University. All rights reserved.