



## MASTER OF ARTS IN ADDICTION COUNSELING

### Department Chair & Professor:

Nancy G. Calleja, Ph.D., LPC

**Office:** 234 Reno Hall

**Telephone:** (313) 578-0436

**Email:** [calleyn@udmercy.edu](mailto:calleyn@udmercy.edu)

### Assistant Professor:

Jocelyn Bennett-Garraway, Ph.D., LPC

**Office:** 246 Reno Hall

**Telephone:** (313) 993-1227

**Email:** [begarrijm@udmercy.edu](mailto:begarrijm@udmercy.edu)

### Assistant Professor:

Daniel Duryea, Ph.D., CRC

**Office:** 236 Reno Hall

**Telephone:** (313) 578.0413

**Email:** [duryeadg@udmercy.edu](mailto:duryeadg@udmercy.edu)

### Associate Professor:

Sheri Pickover, Ph.D., LPC

**Office:** 115 Reno Hall

**Telephone:** (313) 993-1626

**Email:** [pickovsa@udmercy.edu](mailto:pickovsa@udmercy.edu)

### Assistant Professor:

Victoria Sepulveda, Ph.D., LPC, CADC

**Office:** 238 Reno Hall

**Telephone:** (313) 578-0468

**Email:** [sepulvvi@udmercy.edu](mailto:sepulvvi@udmercy.edu)

### Introduction to the Counseling Profession

The counseling profession is designed to assist individuals in effectively managing the many challenges of living through self-exploration and increased self-awareness. The counseling profession is one that begins at the graduate level with many counseling students possessing undergraduate degrees in related social sciences (i.e., psychology, social work). Rooted in counseling theory and research, professional counselors are trained in the development of counseling skills while engaging in personal growth experiences. While the classroom serves as one form of training ground, clinic experiences and field placements sufficiently augment the counselor-in-training with adequate preparation to enter the field. The principles of service, social justice, and cultural competence provide the ideological foundations for the Counseling programs at UDM. It is as a result of this rigorous training that professional counselors are equipped to effectively work with individuals towards positive change in every aspect of living.

### Counseling Program Standards & Accreditation Status

The Counseling programs at the University of Detroit Mercy are CACREP-accredited and seek to prepare individuals for a successful and rewarding career in the field of counseling. This nationally recognized program provides students with a state of the art academic and training program at one of Michigan's premier institutions of higher education.

### Admission Requirements

The requirements for admission to the counseling programs include the following: An undergraduate overall GPA of 2.75 or higher or a GPA of 3.0 or higher in the second half of the undergraduate degree program or a graduate GPA of 3.0 on a previously completed graduate degree, a minimum of 15 hours in the behavioral sciences (psychology, sociology, anthropology), one course of which must be statistics, a letter of intent explaining your interest in pursuit of graduate work in counseling, current resume, a writing exam, three letters of recommendation from individuals able to speak to your potential in the counseling field and an interview with the faculty.

### Master of Arts in Counseling Programs

The counseling program at the University of Detroit Mercy combines practical, theoretical, traditional, and experiential learning in the education of professional counselors. This program offers students the opportunity to grow personally as well as professionally. The atmosphere at UDM fosters collaboration between faculty and students allowing each student the opportunity to develop as an active learner in a quest to develop a personal learning and counseling style. Course scheduling and faculty advising is tailored to meet the needs of working professionals, therefore, courses are offered during evening hours.

The department offers programs to students looking to gain the necessary education and skills to function as a professional counselor in various settings. Three specialty areas are offered in the department: Addiction Counseling, Clinical Mental Health Counseling, and School Counseling. Each program meets the educational requirements for the State of Michigan licensed professional counselor (LLPC). For individuals not interested in pursuing a Master's degree, the program offers two options for endorsement and certification: the School Counselor Endorsement and the Graduate Certificate in Addiction Studies.

*If you would like information about Clinical Mental Health or School Counseling program options, please contact Graduate Admissions for an information packet.*

## Addiction Counseling – Master of Arts (MA) & Licensure as a Professional Counselor (LLPC)

The program offers specialized training in addiction counseling with emphases on both substance and behavioral addiction. With mental health counseling as the core curriculum, additional coursework is completed to fulfill requirements for competence in addiction counseling and requirements for working with addiction across a variety of settings, including community-based and residential, and in prevention and treatment. Coursework grounded in counseling theory and evidence-based practice complements clinical skill development in assessment, evaluation and treatment.

Individuals are eligible for both professional licensure as a counselor within the state of Michigan and certification as an addictions counselor (CAAC) within the state of Michigan. The 60 credit hour program generally requires 2-3 years to complete.

### Curriculum

#### Master of Arts in Addiction Counseling - LPC

Level I	Level II	Level III	Level IV
CNS 5020	CNS 5000	CNS 5910	CNS 5850
CNS 5120	CNS 5390	CNS 5430	CNS 5940
CNS 5320	CNS 5400	CNS 5490	CNS 6040
CNS 5350	CNS 5900	CNS 5600	
CNS 5380	ADS 5090	ADS 5120	
	ADS 5110	CNS 5900	
		CNS 5920	
			60 credits

### Course Descriptions

Key: CNS=Counseling

*Course descriptions are laid out in the following manner: Course number, title, prerequisites and course description. Each course listed is 3 credit hours.*

#### CNS 5000 Research Methods in Counseling

This course provides the foundation for preparation of the Master’s research paper. Historic and current research methods in counseling are examined and literature reviews are conducted. Students will demonstrate a working knowledge of the methodology of research in counseling including selection

of research methods, analysis and interpretation of data, and formulation of conclusions and generalizations.

Students will complete a comprehensive literature review comprising the initial work towards the Master’s research paper.

#### CNS 5020 Counseling and Human Development

This course focuses on an in-depth study of developmental processes and learning principles throughout the lifespan. Theory and research relevant to social, emotional, intellectual and physical development are examined.

#### CNS 5120 Introduction to Counseling Theories & Process

This course presents a comprehensive study and application of the basic theories of counseling. Self-exploration and personal assessment are promoted through individual experiential and group learning activities.

#### CNS 5320 Multicultural Counseling

Issues surrounding counseling clients from various cultural groups including the disabled, ethnic minorities, the aged, gay/lesbian/transgendered, racial minorities are explored. Current theory in multicultural counseling theory and practical approaches are examined while various awareness raising experiences are utilized to further promote cultural awareness, sensitivity and competence.

#### CNS 5350 Guidance Principles and Practice

An historical overview of the professional role and duties of the counselor is examined. Various professional trends, philosophies, and ethical issues are discussed as well as the function of the counselor in a multifaceted institution.

#### CNS 5360 Counseling Services: Organization & Administration

The course provides an in-depth exploration of program development in counseling, including design, implementation and evaluation. Applying the principles of comprehensive program development, students develop a hypothetical counseling program.

#### CNS 5380 Vocational Development & Career Assessment

An historical and theoretical overview of vocational and career development. Sources of educational and occupational information are discussed. Students are exposed to various career testing and evaluation instruments and their appropriate use in a career case assessment.

#### CNS 5390 Counseling Skills

Course is designed around an in-depth study of counseling skills and counselor behaviors. Classroom exercises including role plays, application of techniques and examination of process issues that occur within the context of counseling complement learning.

### **CNS 5400 Testing and Evaluation**

An overview of testing and measurement in counseling and education. The psychometric theories of intelligence, achievement and personality are explored and students master basic test administration procedures.

### **CNS 5430 Group Methods**

Course focuses on the theory and practice of group counseling with particular emphasis upon addictive and dually-diagnosed populations. The class functions as a practice lab to promote experiential learning.

### **CNS 5490 Trauma, Crisis, and Prevention**

This course provides a review of a review of trauma theory and posttraumatic stress disorder. Students explore strategies for conducting crisis intervention and crisis prevention and examine the impact of trauma and crisis on individuals suffering from addiction and chronic mental health issues.

### **CNS 5600 Mental Health Diagnosis and Treatment**

This course provides students an opportunity to conduct a comprehensive assessment, utilizing the mental status exam and apply counseling theory to an in-depth case analysis. Students will become familiar with the DSM 5as well as ethical issues associated with assessment and diagnosis. A presentation of case information is conducted with special emphasis on assessment and its relationship to treatment planning.

### **CNS 5850 Counseling Practicum**

Course is comprised of the application of basic counseling skills in a laboratory setting. Students complete 100 hours of applied counseling with individuals and groups while under direct supervision by a clinical supervisor and a faculty member. Case conceptualization is utilized to present cases while faculty and peers assess skill application.

### **CNS 5900 Consultation in Counseling (1 cr. hr.)**

Course is designed around the development and delivery of consulting services to agencies, schools and industry. Professional, clinical and ethical issues as well as staff development are discussed.

### **CNS 5910 Research Seminar in Counseling**

This course provides an opportunity for the student to engage in a specific research project of her/his choosing that results in the completion of a master's research paper.

### **CNS 5920 Introduction to Addiction Counseling (2 cr. hrs.)**

Introductory course in addiction counseling. This survey course explores the two major areas of addiction: substance and process. Current research on etiology, assessment and treatment are discussed.

### **CNS 5940 Addiction Counseling: Issues in Practice and Evaluation**

This is an advanced course in addiction counseling with emphasis in two major areas: practice issues and outcomes evaluation. Students will examine a host of practice issues including ethical and legal aspects, recognition, reimbursement, public policy, and advocacy. Evidence-based treatment in addiction counseling will be explored, and students will learn to critically evaluate evidence-based treatment, identify relevant outcomes, and design an effective outcomes evaluation.

### **CNS 6040 Internship in Counseling**

The internship is the culmination of the program as the student completes a 600 hour clinical practice field placement.

### **ADS 5090 Drugs and Behavior**

The effects of psychoactive substances on various behaviors are explored. Historical patterns of drug use, the psychosocial context of abuse, and individual responses to alcohol and other drugs are discussed.

### **ADS 5110 Theories of Addiction**

This advanced course in theories of addiction presumes a basic understanding of the effects of various types of drug abuse and addiction. The course includes a reflective exploration of the personal and social meaning of chemical dependence and a critical appraisal of existing theories developed to explain addiction.

### **ADS 5120 Recovery Processes**

This course focuses on the process of recovery from chemical dependence with particular emphasis on treatment methods, community resources, roles of professionals, and the needs of special populations.

## **Admission Deadlines**

<b>Admission Term:</b>	<b>Due Date:</b>
Fall	May 15
Winter	October 1
Summer	February 1

*All application documents must be received by the college by the due date listed to be eligible for admission.*

**If you have questions regarding the application process, please contact:** Theresa Carson, Graduate Admissions Counselor, at (313) 993-3309 or [carsonta@udmercy.edu](mailto:carsonta@udmercy.edu)

International students please contact the Office of Admissions at 800-635-5020 or [admissions@udmercy.edu](mailto:admissions@udmercy.edu).

**If you have questions regarding the Addiction Counseling Program at UDM, please contact:** Dr. Victoria Sepulveda at (313) 578-0468 or [sepulvvi@udmercy.edu](mailto:sepulvvi@udmercy.edu)

**If you have questions regarding other Counseling Programs in the Department, please contact:**

**Clinical Mental Health Counseling:** Dr. Nancy Calleja at (313) 578-0436 or [calleyng@udmercy.edu](mailto:calleyng@udmercy.edu)

**School Counseling:** Dr. Jocelyn Bennett-Garraway at (313) 993-1227 or [begarrjm@udmercy.edu](mailto:begarrjm@udmercy.edu)

**If you have questions regarding the Post-Graduate Certificate in Addiction Studies, please contact:**

**Addiction Studies Certificate:** Dr. Daniel Duryea at (313) 578-0413 or [duryeadg@@udmercy.edu](mailto:duryeadg@@udmercy.edu)