

## **Clinical Mental Health Counseling Program Program Learning Objectives**

### **PLO 1: Counseling Orientation and Professional Practice**

Understand the history, philosophy, and ethics of the counseling profession and become active members in professional counseling organizations.

### **PLO 2: Social and Cultural Diversity**

Apply and demonstrate the knowledge, skills, and practices to counsel and advocate for individuals, families, and groups through culturally appropriate practice promoting social justice, equity, and access.

### **PLO 3: Human Growth and Development**

Understand the importance of individual and family development across the lifespan and how this affects functioning and behavior.

### **PLO 4: Career Development**

Understand the interrelationship between work and mental well-being and strategies for individual career development.

### **PLO 5: Counseling and Helping Relationships**

Employ culturally appropriate practice in the education, prevention, evaluation, and treatment of mental and emotional disorders.

### **PLO 6: Group Counseling and Group Work**

Understand the foundations, approaches, and strategies to working effectively with clients in groups.

### **PLO 7: Assessment and Testing**

Identify and implement appropriate and holistic clinical evaluation and assessment of normal and abnormal development and behavior, including the treatment of trauma and addictions.

### **PLO 8: Research and Program Evaluation**

Utilize mental health research and evidenced-based treatments, and apply models of program process and outcome evaluation to professional practice.

### **PLO 9: CMHC Specialty Area**

Understand and apply a broad range of mental health techniques and interventions for the prevention and treatment of mental health concerns.