

# HOLISTIC COUNSELING (HLC)

## **HLC-504: Holistic Foundations (3 Credits)**

The course focuses on the emergence of an integrative perspective as it applies to the development of Western science and philosophy within counseling and leadership as distinct disciplines. It examines how attitudes, beliefs, and epistemological have influenced professional practice in counseling and leadership. The course further traces how recent changes in scientific assumptions have affected a shift in both research and professional practice and considers the implications of this shift. Ethics and a holistic or integrative orientation related to these professions are introduced.

## **HLC-505: Interpersonal Helping Skills (3 Credits)**

The course experience provides the opportunity to explore one's basic communication style of interacting with others both verbally and non-verbally. Through practice in dyads, and/or the whole class, students learn and apply basic interpersonal helping skills such as listening, primary accurate empathy, immediacy, the art of challenging, and appropriate self-disclosure - effective professional skills in the helping professions.

## **HLC-507: The Body Mind Connection (3 Credits)**

This course will focus on defining, experiencing, and working with the body-mind connection. Current research findings in neuroscience, modalities, and techniques that affect the body-mind connection and somatic therapeutic processes will be explored. This course is essential for holistic clinical mental health counselors and holistic leaders to integrate the mind-body perspective into their work.

## **HLC-514: Foundations of Expressive Arts & Creative Arts As Transformation (3 Credits)**

This foundation course serves as an introduction to the uses of the expressive and creative arts as an educational and therapeutic vehicle for self-awareness, personal growth and transformation of consciousness. Through experiential exercises and discussion, this course will explore how a variety of arts-based modalities can be utilized to support the learning and healing pathways for individuals and groups. The in-class experiences will draw upon various expressive arts modalities, including: visual imagery, sound, movement, and writing, as part of an inter-modal expressive arts approach. Students will further develop their understanding of the material with responses to readings and other educational resources on the theories, research and approaches to working with the arts as a transformational process and practice. This course also introduces ways to begin to adapt and utilize these holistic practices with others, in a variety of professional settings, including in counseling, psychotherapy, education, healthcare, the arts, and community settings.

## **HLC-528: Understanding Trauma in Counseling (1 Credits)**

**Pre-requisite(s):** HLC-504, HLC-505, HLC-506, HLC-507, HLC-508, HLC-509, HLC-510 and HLC-515 are required.

Students learn how neurobiological, environmental, biological predispositions, and psychological stressors contribute to the experience of trauma. This course presents the latest research in traditional and body-centered counseling modalities, cultural consideration; accessing community support; and self-care for clinicians who treat this population.

## **HLC-535: Introduction to Expressive Sound and Music (1 Credits)**

This foundation course serves as an introduction to the uses of Expressive Sound and Music as a vehicle for growth and transformation. Through exercises and discussion, the course will explore how Expressive Sound can be utilized to help release tensions, express emotions, and calm the nervous system. The in-class experiences will draw upon various sound-based modalities, including: breathing practices, vocal toning, deep listening, rhythm explorations, and improvisation as part of an intermodal expressive arts approach. This course also introduces ways to begin to adapt and utilize these practices with others in a variety of professional settings, including counseling, psychotherapy, education, healthcare, the arts, and the corporate environment. This course is one of the prerequisite foundation courses for the CAGS/CGS in the professional application of the expressive and creative arts.

## **HLC-540: Integrating Meaning (3 Credits)**

**Pre-requisite(s):** HLC-504, HLC-505, HLC-506, HLC-507, HLC-508, HLC-509, HLC-510, HLC-550, and HLC-551 are required or permission of program director is required.

This course is predicated on research indicating a direct correlation between physical and mental health and one's sense of personal meaning and connectedness to a larger purpose. Students gain awareness of how various world views, cultures, backgrounds, and personal perspectives define meaning and purpose and of how to respectfully practice culturally competent skills for work with clients and/or within a family or place of employment. The course also provides practical tools and techniques with which to assist others to explore similar questions of meaning in their lives, work, organizations, communities, and world-wide. This course is to be taken in the final semester for students in the Holistic Clinical Mental Health Counseling Program and Leadership Dynamic and Practice Program.

## **HLC-542: Spirituality and Religion in Counseling (3 Credits)**

**Pre-requisite(s):** COU-500, COU-501 and COU-502 are required.

This course is an elective and explores best practices for counselors when clients discuss their spiritual and religious identities. Students will develop awareness of the impact of their own values, gain knowledge in the foundational concepts of spirituality and religion in counseling, and will learn skills to help clients process their spiritual and religious experiences and values. Further, students will understand the boundaries of a counselor's role in this realm and be able to help clients process spiritual and religious content in a way that promotes optimal well-being for a culturally diverse clientele. The most up-to-date ethical codes, professional guidelines, equity-based frameworks, and best practices of the counseling profession will be used to engage with this course.

## **HLC-550: Advanced Helping Skills (3 Credits)**

**Pre-requisite(s):** HLC-504, COU-500 or HLC-506, COU-502 or HLC 510, COU-501 or HLC-508, COU-503 or HLC-509, COU-513 or HLC-513, COU-515 or HLC-515 are required.

This course is an elective. The course will provide students more advanced skill training with specific focus on theory integration, skill development, clinical language, and assessment. Students will gain practice refining their counseling skills, providing feedback, and conceptualizing more client cases. Increasing attention is paid to the students' self-awareness and emotional responses. This course should not be taken before Interpersonal Skills in the HCMHC specialization or Motivational Interviewing in the CRBC specialization.

**HLC-551: Practicum in Counseling (3 Credits)**

**Pre-requisite(s):** HLC-504, HLC-505, COU-500 or HLC-506, COU-502 or HLC-510, COU-501 or HLC-508, HLC-507, COU-503 or HLC-509, COU-515 or HLC-515 and HLC-550 are required.

Practicum is the student's first clinical field experience. The requirements for this course are fulfilled in a community-based counseling facility and a weekly university seminar. Students begin to develop and apply their counseling skills and abilities in clinical settings. The in-the-field experience consists of approximately 10 hours a week of direct and indirect field experience for a total of 100 clinical hours and a weekly seminar class. The clinical placement site must be approved by the program. Students will work with a qualified on-site supervisor who will provide site supervision and evaluate the student's counseling skills, preparation, and professionalism in the field. The course instructor will provide a weekly seminar, supervision, assessment, and support. The primary supervision will come from the on-site supervisor. Qualifications for appropriate Site Supervisors are found within the Practicum Agreement. Students are expected to participate in the program's pre-requirements before starting practicum.

**HLC-575: Healing and Transformation (2 Credits)**

**Pre-requisite(s):** COU-500 or HLC-506 is required.

This course emphasizes the potential for every human being to heal and change. The course will examine scientific and anthropologic writings on healing as well as how professionals can act as supportive agents in the change process.

**HLC-578: Body and Personal Myth: A Jungian Perspective (3 Credits)**

**Pre-requisite(s):** COU-500 or HLC-506 is required.

This course will explore the relationship between archetypal images, the body and personal myth. Based on the work of Carl G. Jung, the course will introduce and expose students to a basic understanding of depth psychology through the use of myth and metaphor.

**HLC-579: Grief Counseling (2 Credits)**

**Pre-requisite(s):** COU-500 or HLC-506 is required.

This course is an elective and discusses current information, skills, and strategies for counseling interventions specific to various aspects of the grief process. This will include acute, sustained, and ambiguous grief.

**HLC-581: Special Topics (1-3 Credits)**

Special topics course offered periodically during the academic year.

**HLC-582: Introduction to the Expressive and Creative Arts As Transformation (3 Credits)**

This foundation course explores the use of the expressive and creative arts as a therapeutic and educational tool for transformation, self-discovery, physical healing, and the evolution of consciousness. Using the body-mind's inner language of imagery, students will learn how to access, release and transform nonverbal sensate impressions of feelings and emotions through a variety of integrative arts processes, including drawing, image-making, and collage. As students experience the energetic shifts that occur in the body-mind when imagery is used to express inner states of awareness, they will begin to understand how thoughts, feelings and emotions can affect the body/mind/spirit. Through hands-on exercises, students will begin to recognize how the expressive arts can help support intra-personal and inter-personal development on many levels. This course also introduces ways to begin to utilize the transformative process with others in a variety of professional settings including, counseling, psychotherapy, education, medical caregiving, the arts, and the corporate environment. This course is one of the prerequisite foundation courses for the CAGS/CGS in the expressive and creative arts.

**HLC-584: Movement, Creativity Consciousness: An Introduction (2 Credits)**

This two-credit course will introduce a variety of experiences to help students to develop a clearer understanding of the body/mind/spirit connection; to increase awareness of the creative, psychological and spiritual potential as revealed through the body; and to begin to develop an understanding of each person's unique resources and responsiveness through movement. Movement as an expression of a path toward increased somatic awareness will be explored as part of an intermodal expressive arts approach. Students will also begin to explore ways of working with others in the fields of counseling, education, psychotherapy, and other helping professions to help individuals and groups integrate more embodied modalities into their work. This course is one of the prerequisite foundation courses for the CAGS/CGS program in the professional applications of the expressive and creative arts.

**HLC-587: Gender and Human Sexuality in Counseling (3 Credits)**

**Pre-requisite(s):** COU-500 or HLC-506, COU-501 or HLC-508 and COU-502 or HLC-510 are required.

This course is designed to provide students with an opportunity to develop a knowledge base regarding the theories and research about gender, biological sex, affection, and sexuality and how that impacts the work of counselors. Biological, cognitive, psychological, spiritual, and emotional components related to gender, sex, and sexual and affectional orientation will be explored. Historical and cultural contexts will also be examined. The course is offered periodically at the program's discretion.

**HLC-588: Working with Young People (3 Credits)**

**Pre-requisite(s):** COU-500 or HLC-506, COU-501 or HLC-508 and COU-502 or HLC-510 are required.

This course utilizes counseling and developmental theories, creativity, and research to cultivate therapeutic skills in assessing and treating young people. In doing so, the course discusses cultural and systemic factors that impact child development and growth. The course is offered periodically at the program's discretion.

**HLC-590: Internship and Seminar I (3 Credits)**

**Pre/Co-requisite(s):** HLC-504, HLC-505, HLC-506 or COU-500 HLC-507, HLC-508 or COU-501 HLC-509 or COU-503, HLC-510 or COU-502, HLC-513, HLC-515 or COU-515, HLC-516, HLC-517, HLC-550 and HLC-551 are required.

Student interns will practice clinical counseling skills in clinical field placements approved by the internship coordinator. The requirements for this course are primarily fulfilled in a community-based mental health counseling facility. Students begin to develop and apply their counseling skills and abilities in clinical settings. This class is the first part of a two-semester clinically supervised experience. This class requires 300 direct and indirect field hours and an on-campus weekly seminar. Students are required to obtain professional liability insurance coverage to participate in this course and their site supervisor must meet the program's supervision requirements. Requirements for this class are subject to change based on RI LMHC licensure requirements.

**HLC-591: Internship and Seminar II (3 Credits)**

**Pre-requisite(s):** HLC-504, HLC-505, COU-500 or HLC-506, COU-502 or HLC-510, COU-501 or HLC-508, HLC-507, COU-503 or HLC-509, COU-515 or HLC-515, HLC 518 or COU 518, HLC 551, HLC 590 are required.

In the second semester of clinical internship, student interns will practice clinical counseling skills in clinical placements approved by the internship coordinator. The requirements for this course are primarily fulfilled in a community-based mental health counseling facility. At this level of training, students work on the more advanced and nuanced skills and various professional responsibilities in their clinical field placement settings. This class requires 300 direct and indirect field hours and an on-campus weekly seminar. Students are required to obtain professional liability insurance coverage to participate in this course and their site supervisor must meet the program's supervision requirements. Requirements for this class are subject to change based on RI LMHC licensure requirements.

**HLC-592: Arts, Nature and Eco-Consciousness (1 Credits)**

The Arts, Nature and Eco-Consciousness is an integrative learning course, presented in an experiential-learning, workshop format. The class presents foundational material on Deep Ecology, Eco-Psychology, and the role of the creative process in renewing our connection with the environment. The class will emphasize a holistic approach to embodied creative arts processes that reflect the interconnectedness of all life within the earth's community. It will also encourage self-exploration through image making and creative expression (inter-modal use of visual arts, sound, movement & theatre arts). The class also presents foundational material on the philosophies of important visionaries in the field of human-nature relationships. Through a hands-on approach to self-expression and reverential ecology, participants will be able to apply the concepts presented in their personal and professional life, in a variety of settings including counseling, education, coaching and community organizations.

**HLC-604: Self Discovery Through the Expressive and Creative Arts (3 Credits)**

**Pre-requisite(s):** HLC-514 or HLC-582 or completion of Expressive Arts Institute is required.

This course is designed to provide students with experiential opportunities for creative self-discovery using various inter-modal expressive arts modalities, focusing primarily on image-making and visual arts, with inter-modal processes. In addition, it offers discussion segments that explore the importance for our time and culture of engaging our connection to our own individual creativity and inner wisdom, and the effect doing this can have on the growth of personal as well as collective consciousness. One key premise of the course is that each of us is born creative and that being creative is the nature of being alive. Another key premise is that, in order to be effective in integrating the use of art, creativity and image-making in any educational, therapeutic, business or other professional settings, it is critical to explore one's creative process, development, and style. Accordingly, the principal emphasis of the course is on individual work using personal process, in-class discussions, outside assignments and an independently designed project to develop a self-discovery creative/visual journal. This course is offered in a hybrid format, involving weekend experiential intensives along with guided study time for personal and professional integration. This course is required for the CAGS/CGS in the professional applications of the expressive and creative arts. Any student who would like to register for this course prior to acceptance into the CAGS/CGS expressive and creative arts program would need specific permission of the program coordinator.

**HLC-610: Expressive Theater Arts and Movement: A Multi-Modal Approach to Creativity and Transformation (3 Credits)**

**Pre-requisite(s):** HLC-514 or HLC-584 are required.

In this course, students have an opportunity to do hands-on experiential work in the expressive and creative arts as applied to a variety of fields including counseling, education, healthcare, and other helping professions. The emphasis will be on the modalities of expressive movement and theater arts, with the integration of visual arts and writing interwoven as part of the multi-modal and inter-modal approach. A fundamental premise of this course is that the embodied practices of movement and theater arts provide a vital avenue of expression for the inner self. In addition, the multi-modal approach will create opportunities to reflect upon the ways that one mode of expression informs another, so a deeper understanding of the interplay of modalities, as an intermodal process, will be another area of learning. This course is offered in a hybrid format, involving weekend experiential intensives along with guided study time for personal and professional integration. This course is required for the CAGS/CGS in the professional applications of the expressive and creative arts. Any student who would like to register for this course prior to acceptance into the CAGS/CGS expressive and creative arts program would need specific permission of the program coordinator.

**HLC-611: Group and Individual Applications of the Expressive and Creative Arts (3 Credits)**

**Pre-requisite(s):** HLC-514 or HLC-582, HLC-584, and HLC-535 are required.

This course will explore central concepts and approaches to using the expressive and creative arts with groups and individuals along with the integration and application of this work, applied to a variety of fields including counseling, education, healthcare, and other helping professions. Participants will have the opportunity to learn about the application of experiences with the expressive and creative arts in various settings, and will consider applications for a variety of group, individual and community levels. Students will learn how to design and implement a program with appropriate uses of various arts modalities, as part of an intermodal arts approach, including movement, sound, writing and the visual arts. In a specific area of professional interest, students will develop a proposal for a program demonstrating the benefits to a specific group or community. This course is offered in a hybrid format, involving weekend experiential intensives along with guided study time for personal and professional integration. This is designed to be one of the final required courses in the CAGS/CGS program and it is advised to have completed at least several other 600-level courses in the Expressive and Creative Arts. To register for this expressive and creative arts CAGS/CGS course requires permission of the Program Coordinator.

**HLC-613: Expressive Writing for Personal Growth and Transformation (3 Credits)**

**Pre-requisite(s):** HLC-514 or HLC-582 is required.

This course is designed to provide students with a comprehensive understanding of the principles and applications of expressive writing as a transformational tool that can facilitate emotional, physical and spiritual healing as well as self-discovery, personal growth and conflict resolution. The course will focus on how expressive writing can be used with others in counseling, psychotherapy, healthcare, the arts, education, and the corporate environment. In this course, students will learn how to adapt and integrate expressive writing into their own professional areas of specialization through class discussions and in-class writing exercises that emphasize an intermodal expressive and creative arts approach to writing. This course is offered in a hybrid format involving weekend experiential intensives along with guided study time for personal and professional integration. This course is required for the CAGS/CGS in the Professional Applications of the Expressive and Creative Arts. Any student who would like to register for this course prior to acceptance into the CAGS/CGS Expressive and Creative Arts Program would need specific permission of the program coordinator.

**HLC-615: Utilizing Expressive Sound and Music - For Creativity and Healing (3 Credits)**

**Pre-requisite(s):** HLC-514 or HLC-535 is required.

This expressive arts course will deepen one's understanding of the realms of expressive sound, music and rhythm as a means of personal growth, community-building and healing. The specific focal points for the course will include: vocal explorations and toning, elements of music for self-discovery and community-building, creativity and music, and recreational music making. We will also incorporate the practice of deep listening and mindfulness as a touchstone for the explorations. The course combines theory with practical exercises that demonstrate how to integrate them into programs for healing and education, as utilized in a variety of settings. Students will learn how to adapt and integrate elements of expressive sound and music into their professional areas of specialization, including counseling, psychotherapy, medical caregiving, the arts, education, and the corporate environment, through discussions and the utilization of sound and music-based exercises that emphasize an intermodal arts approach. This course is offered in a hybrid format, involving weekend experiential intensives along with guided study time for personal and professional integration. This course is required for the CAGS/CGS in the professional applications of the expressive and creative arts. Any student who would like to register for this course prior to acceptance into the CAGS/CGS expressive and creative arts program would need specific permission of the program coordinator.

**HLC-621: Ethics and Confidentiality in Substance Use Disorders (3 Credits)**

**Pre-requisite(s):** MA in Mental Health Counseling, Marriage and Family Therapy, equivalent MA in Healthcare or other counseling degree programs from an accredited institution. HLC-509, HLC-515, HLC/RHB-516 or the equivalent courses from an accredited institution or by permission of the program director is required.

This course will allow students to explore ethical questions in areas such as boundary issues, general communication rules and regulations, utilization of electronic communications, cultural competence, professional competence, risk management, and other ethical and confidentiality considerations related to working with those who have substance use disorders.