

Counseling and Behavioral Health Services, BA

The counseling and behavioral health services major in the College of Education enhances broad liberal arts and sciences education for students by providing strong academic preparation designed to serve as a foundation in helping processes and human behavior.

Students learn to apply critical thinking and problem-solving skills within various helping professions, preparing them for entry-level positions in nonprofit agencies, government agencies, community centers, clinics, and service navigation programs. The major may also serve as a foundation for future graduate study in counseling for students interested in professional licensure as a counselor.

Learning Outcomes

Students will:

- recognize and define the concepts and functions of the helping professions and their respective professional environments;
- demonstrate basic interpersonal communication, leadership, and ethical problem-solving skills used in the helping professions;
- illustrate how social, economic, cultural, and other contextual factors affect behavioral health care access and disparities;
- demonstrate awareness of the role of advocacy in the behavioral healthcare system and behavioral health policy environment; and
- exhibit critical thinking, problem-solving, and written and oral communication skills to strategically address complex issues and formulate innovative, holistic, and sustainable solutions.

Requirements

The Bachelor of Arts with a major in counseling and behavioral health services requires a minimum of 120 s.h., including at least 39 s.h. of courses for the major. The general education requirements to earn a Bachelor of Arts degree from the College of Education are the GE CLAS Core of the College of Liberal Arts and Sciences (CLAS). Students must maintain a cumulative grade-point average of at least 2.00 in all college coursework and in all UI coursework. All courses must be taken on an A-F graded basis unless a course is only offered as graded S/U, P/N, or by audit.

The major can be paired with other majors, minors, and certificates. At most, only 3 s.h. of counseling and behavioral health services courses may be counted toward another major, minor, or certificate.

The major consists of a 30 s.h. core curriculum plus an additional 9 s.h. chosen from the list of approved elective courses in a student's chosen area of emphasis.

The BA with a major in counseling and behavioral health services requires the following coursework.

Core Courses

Course #	Title	Hours
All of these:		
PSQF:1101/ CSED:1101	Introduction to the Helping Professions	3
PSQF:1102/ CSED:1102	Introduction to Helping Skills	3
PSQF:1103/ CSED:1103	Introduction to Assessment in Counseling and Behavioral Health	3
PSQF:2115	Introduction to Counseling Psychology	3
PSQF:2125	Applied Theories of Counseling and Change	3
PSQF:3104	Multicultural Issues in Counseling and Psychology	3
PSQF:3215	Applied Health Psychology	3
CPH:4210	Making a Difference: Public Health Policy and Advocacy	3
EDTL:4950	Behavioral and Social Interventions	3

Experiential Learning

Students complete 3 s.h. of experiential learning through a combination of internship experience and coursework. Students must obtain prior approval for their internship site from the course instructor or practicum/internship specialist before enrolling in the experiential learning course. Students must enroll in the course during the same term as their internship placement to receive credit.

In order to qualify for 3 s.h., students are required to complete at least 112 hours at an internship site over the course of a term (fall, spring, or summer). Students may be in paid or unpaid experiences. Successful completion of the course includes feedback from the internship site supervisor regarding student engagement, participation, and completion of learning objectives.

Course #	Title	Hours
CSED:4953	Experiential Learning in Counseling and Behavioral Health Services	3

Electives

Students complete 9 s.h. from the following list of courses to build a multidisciplinary slate of skills that enhances their future careers or graduate work. Additional courses may be selected in consultation with and approved by an academic advisor.

Guidelines for informal emphasis areas may provide a useful resource in choosing electives that are meaningful and useful and create a cohesive program of study. Informal emphasis areas are offered as a course selection aid to be used in consultation with an academic advisor and are not listed on a student's transcript or diploma. These informal emphasis areas are meant to be fluid over time to best reflect trends and issues in the field of helping professions. Further, students may create their own emphasis focus to align with their personal career goals. Information regarding emphasis areas can be found on the counseling and behavioral health services page on the College of Education website.

Course #	Title	Hours
9 s.h. from these:		
PSQF:1020/ STAT:1020	Elementary Statistics and Inference	3
PSQF:1075	Educational Psychology and Measurement	3
PSQF:2116	Applied Child and Adolescent Psychology	3
PSQF:2700/ SSW:2700	Introduction to Understanding Trauma and Resilience	3
PSQF:3115	Sport and Performance Psychology	3
PSQF:4106	Child Development	3
PSQF:4120/ BBC:4120/ CSED:4120	Psychology of Giftedness	3
PSQF:4133	The Adolescent and Young Adult	3
PSQF:4145/ CSED:4145	Marriage and Family Interaction	3
PSQF:4162/ CSED:4162	Introduction to Couple and Family Therapy	3
CPH:1400	Fundamentals of Public Health	3
CPH:1600	Public Health Science: Inquiry and Investigation in Public Health	3
CPH:1800	Social and Psychological Determinants of Health: Changing Behavior, Improving Health	3
CPH:2400	The U.S. Health System in a Global Context	3
CPH:3220	Public Health as a Public Good: Economics and Decision Making in Public Health Systems	3
CPH:3500/ GHS:3500	Global Public Health	3
CSED:2081	Making a Vocational-Educational Choice	2-3
CSED:4111	Building Leadership and Success at Work	3
CSED:4114	Psychology of Body Modification and Self-Image	3
CSED:4131	Loss, Death, and Bereavement	3
CSED:4132	Introduction to Addictions and Impulse Control Disorders	3
CSED:4140	Foundations of Leadership for Community Agencies	3
CSED:4173	Trauma Across the Lifespan	3
CSED:4174	Positive Psychology	3
CSED:4175	Motivational Interviewing	3
CSED:4176	Child Abuse: Assessment, Intervention, and Advocacy	3
CSED:4178	Microcounseling	3
CSED:4179	Sexuality Within the Helping Professions	3

CSED:4185	Introduction to Substance Abuse	3
CSED:4187/ EDTL:4987	Introduction to Assistive Technology	3
CSED:4194	Interpersonal Effectiveness	3
CSED:4195	Ethics in Human Relations and Counseling	3
CSED:4197	Citizenship in a Multicultural Society	3
CSED:4199	Counseling for Related Professions	3
EPLS:1240	Student Success in College	3
EPLS:2098	The Student Affairs Profession	3
EPLS:4200	Athletic Administration in Educational Settings	3
HHP:2280	Cultural Competency and Health	3
MGMT:3500/ ENR:3595/ MUSM:3500/ NURS:3595/ RELS:3700/ SSW:3500	Nonprofit Organizational Effectiveness I	3
MGMT:3600/ NURS:3600/ RELS:3701/ SSW:3600	Nonprofit Organizational Effectiveness II	3
SSW:1200	Mental Health Across the Lifespan	3
SSW:3729	Substance Use and Abuse	2-3

College of Education Academic Standards

The College of Education has established academic standards to ensure students successfully complete their degree program. To be in good academic standing, students in the College of Education must achieve the following minimum grade-point average (GPA) requirements.

- University of Iowa cumulative GPA and overall cumulative GPA, based on total hours earned
 - 0-29 overall earned semester hours: minimum of 1.85
 - 30 or more overall earned semester hours: minimum of 2.00
 - Nondegree students: minimum of 2.00
- Major GPA (overall cumulative): minimum of 2.00

For additional information about these standards, contact the Office of Student Services.

Academic Plans

Sample Plan of Study

Sample plans represent one way to complete a program of study. Actual course selection and sequence will vary and should be discussed with an academic advisor. For additional sample plans, see MyUI.

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This sample plan is currently being reviewed and will be added at a later date.