

NATIONAL TELEHEALTH FOUNDATION PARTICIPANT COURSE PROFILE



Level 1: Introduction to Mental Health Counseling and Certification

Course 1: Introduction to Mental Health Counseling

- Understanding the role of a mental health counselor
- Ethics and legal issues in counseling
- Theories of counseling and psychotherapy
- The counseling process and techniques

Course 2: Human Growth and Development

- Understanding the lifespan perspective of human growth and development
- The impact of culture, diversity, and environment on development
- Theories of human development
- Counseling implications for each developmental stage

Course 3: Psychopathology and Diagnosis

- Understanding the Diagnostic and Statistical Manual of Mental Disorders (DSM-5)
- Common mental health disorders and their symptoms
- Differential diagnosis and treatment planning
- Ethical considerations in diagnosis and labeling

Level 2: Theoretical Foundation of Counseling Techniques and Interventions

Course 4: Counseling Skills and Techniques

- Active listening, empathic responding, and building rapport
- Goal-setting and treatment planning
- Cognitive-behavioral, person-centered, and other therapeutic approaches
- Crisis intervention and suicide prevention

Course 5: Group Counseling and Psychotherapy

- Theoretical foundations of group therapy
- Group development and dynamics
- Leading and facilitating group counseling sessions
- Group counseling for specific populations (e.g. addiction, trauma, grief)

Course 6: Family and Couples Counseling

- Family systems theory and therapy
- Couples therapy and communication skills
- Treatment planning and interventions for family and couples counseling
- Legal and ethical considerations in family and couples therapy

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Level 3: Applied Counseling Techniques and Interventions

Course 7: Assessment and Testing

- Psychological testing and assessment
- Assessment for treatment planning and outcome evaluation
- Cultural considerations in assessment and testing
- Ethical and legal issues in assessment and testing

Course 8: Advanced Counseling Techniques and Interventions

- Advanced counseling techniques and interventions for specific populations and mental health disorders
- Integrative approaches to counseling and psychotherapy
- Mindfulness-based interventions and other alternative therapies
- Crisis intervention and trauma-focused therapy

Course 9: Advanced Counseling Skills for Working with Diverse Populations Counseling skills and techniques for working with diverse populations

- Cultural humility and competency in counseling
- The impact of systemic oppression and marginalization on mental health
- Strategies for advocacy and social justice in counseling