

Emphasis: Acceptance and Mindfulness informed Therapies

Degree Type

Emphasis

This emphasis area prepares students to use acceptance and mindfulness approaches in clinical practice. The therapies explored in this emphasis area include Acceptance and Commitment Therapy (ACT), Compassion Focused Therapy (CFT), Mindfulness-Based Cognitive Therapy (MBCT), Dialectical Behavioral Therapy (DBT), and other third-wave behavioral treatments. Due to its strong research backing, ACT will be the primary therapy taught in this emphasis. The three developmental aims of this emphasis area are to develop the person-of-the-counselor through embodied mindful practice, develop the knowledge of the counselor through the depth of theoretical understanding, and develop the skills of the counselor through clinical application. Upon completion of this emphasis area, a student will be prepared to address the broad spectrum of clinical presentations across the lifespan using these contextual, process, and behaviorally based approaches to counseling.

Required Courses

Item #	Title	Credits
COUN7620	Introduction to Acceptance and Commitment Therapy	2
COUN7621	Mindfulness Approaches and Practices in Counseling	2

Complete any of the following courses for a total of two (2) credits

Item #	Title	Credits
COUN7622	Introduction to Dialectical Behavior Therapy	1
COUN7623	Advanced Acceptance and Commitment Therapy	2
COUN7624	Introduction to Compassion Focused Therapy	1
COUN7625	Clinical Application of Relational Frame Theory (RFT)	1
COUN7626	Acceptance, Mindfulness, and Behavior Approaches with Couples and Other Interpersonal Relationships	1
COUN7627	Acceptance and Mindfulness Approaches with Children and Adolescents	1
COUN7628	Acceptance and Mindfulness Approaches with Trauma	1
Total Credits		6