

A printable PDF version of this syllabus can be downloaded [here](#).

**CHAMINADE UNIVERSITY OF HONOLULU**

# **PSY 775 Crisis Counseling: Mental Health**

**PSY 775 Crisis Counseling: Mental Health**

**Fall Graduate 2024**

Class Time: Online

Location: Online

**Instructor:** Aja Wallace, LMHC

Email: [aja.wallace@chaminade.edu](mailto:aja.wallace@chaminade.edu)

## **Catalog Course Description**

Students will become familiar with the crisis intervention approach to the delivery of mental health services. Students will examine various types of life crises and determine appropriate interventions for each. This is a required course for the Mental Health emphasis.

### **MSCP Program Learning Outcomes (PLO)**

Upon completion of the M.S. in Counseling Psychology, students will be able to:

1. Identify core counseling theories, principles, concepts, techniques and facts used in crisis situations.
2. Identify counseling theories, principles, concepts, techniques and facts in (Mental Health, Marriage/Family or School) counseling.
3. Students will demonstrate the ability to facilitate the counseling process with clients.
4. Students will identify the relationship between adaptation and change and the counseling process.

# Program Linking Statement

This course develops and assesses the skills and competencies for the MSCP program Mental Health emphasis student learning outcomes of: 1) Students will identify core counseling, theories, principles, concepts, techniques, and facts in mental health counseling, and 2) Students will demonstrate the ability to facilitate the counseling process with clients in a mental health setting, and 3) Students will identify the relationship between adaptation and change, and the counseling process in a mental health setting.

## **Required Text:**

James, R. et al. (2024). *Crisis intervention strategies (9<sup>th</sup> Ed.)*. Boston, MA: Cengage Learning.

van der Kolk, B. (2015). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York, NY: Penguin Books.

## Course Description

Students will become familiar with the crisis intervention approach to the delivery of mental health services. Students will examine various types of life crises and determine appropriate interventions. This is a required course for the Mental Health emphasis. As a result, crisis situations and methods of assessment and interventions will be focused on, but not limited to, local, national, and international community settings.

*It is imperative that students keep all syllabi from all courses taken while in the MSCP program to facilitate the application process for licensing, certification, doctoral school application, etc.*

## Student Learning Outcomes

By the end of this course, students will be able to:

1. Identify the various types of mental health crises that may occur, and differentiate between different types of crises based on their unique features. Assessment method: Short answer exam.

2. Develop and implement effective crisis intervention strategies for different types of mental health crises, utilizing evidence-based approaches and taking into account the unique needs and backgrounds of clients. Assessment method:

#### Trauma Therapy Technique Assignment and Treatment Plan Assignment

3. Apply ethical and legal principles to the practice of mental health crisis counseling, including the use of appropriate informed consent procedures and the navigation of mandatory reporting laws. Assessment method: Short answer exam.
4. Evaluate the effectiveness of crisis counseling interventions, utilizing appropriate assessment tools and considering the unique characteristics of individual clients, and modify interventions as needed based on ongoing assessment. Assessment method: Trauma Therapy Technique Assignment and Treatment Plan Assignment

### **Academic Honesty**

Academic honesty is an essential aspect of all learning, scholarship, and research. It is one of the values regarded most highly by academic communities throughout the world. Violations of the principle of academic honesty are extremely serious and will not be tolerated.

Students are responsible for promoting academic honesty at Chaminade by not participating in any act of dishonesty and by reporting any incidence of academic dishonesty to an instructor or to a University official. Academic dishonesty may include theft of records or examinations, alteration of grades, and plagiarism.

Questions of academic dishonesty in a particular class are first reviewed by the instructor, who must make a report with recommendations to the Dean of the Academic Division. Punishment for academic dishonesty will be determined by the instructor and the Dean of the Academic Division and may range from an 'F' grade for the work in question to an 'F' for the course to suspension or dismissal from the University.

### **Credit Hour Policy**

The unit of semester credit is defined as university-level credit that is awarded for the completion of coursework. One credit hour reflects the amount of work represented in the intended learning outcomes and verified by evidence of student achievement for those learning outcomes. Each credit hour earned at Chaminade University should result in 45 hours of engagement. This equates to one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work each week for approximately fifteen weeks for one semester, 10-week term, or equivalent amount of work over a different amount of time. Direct instructor engagement and out-of-class work result in total student engagement time of 45 hours for one credit. The minimum 45 hours of engagement per credit hour can be satisfied in fully online, internship, or other specialized courses through several means, including (a) regular online instruction or interaction with the faculty member and fellow students and (b) academic

engagement through extensive reading, research, online discussion, online quizzes or exams; instruction, collaborative group work, internships, laboratory work, practica, studio work, and preparation of papers, presentations, or other forms of assessment. This policy is in accordance with federal regulations and regional accrediting agencies.

### **Attendance**

**It is expected that you will be active on Canvas weekly. Please let your instructor know if you will be inactive on Canvas for longer than a week.**

### **Chaminade Counseling Center:**

Students may consider counseling when they may need an unbiased perspective on issues they are facing or when they are unable to manage their own difficulties independently and their day-to-day functioning is being impacted. For more information regarding the Counseling Center services, please visit:

<https://chaminade.edu/student-life/counseling-center/counseling-services/>

Email: [counselingcenter@chaminade.edu](mailto:counselingcenter@chaminade.edu)

Phone: 808-735-4845.

### **Kokua Ike: Tutoring & Learning Services**

Kokua Ike provides access to free one-on-one tutoring for students, online tutoring via TutorMe, and manages test administration services. Information regarding the tutoring center can be found at <https://chaminade.edu/student-success/kokua-ike/>

Email: [tutoring@chaminade.edu](mailto:tutoring@chaminade.edu)

Phone: 808-739-8305

### **Title IX Compliance**

Chaminade University of Honolulu recognizes the inherent dignity of all individuals and promotes respect for all people. Sexual misconduct, physical and/or psychological abuse will NOT be tolerated at CUH. If you have been the victim of sexual misconduct, physical and/or psychological abuse, we encourage you to report this matter promptly. As a faculty member, I am interested in promoting a safe and healthy environment, and should I learn of any sexual misconduct, physical and/or psychological abuse, I must report the matter to the Title IX Coordinator. If you or someone you know has been harassed or assaulted, you can find the

appropriate resources by visiting Campus Ministry, the Dean of Students Office, the Counseling Center, or the Office for Compliance and Personnel Services.

### Assignments

***Student performance, relative to the Student Learning Outcomes (SLO) stated above, will be assessed. You will be asked at specific points throughout the course to demonstrate what you have learned through various activities and assignments.***

Participation:

10 points per class (or online engagement) will be assigned for attendance, punctuality, participation in class activities and discussion.

100 points

Community Referral Notebook:

You will be asked to develop two sections of a community referral notebook that details crisis services available in your community.

At a minimum, the following categories are required.

**Please pick two topics from this list then locate the data related to the prompts located below. *More than one student can utilize the same topic, but do not duplicate the same resource.***

- Adult Protection
- Child Protection
- Domestic Violence Services
- Elderly Services
- Financial Assistance/Services
- Health Counseling
- HIV/AIDS/STD
- Houselessness Services
- Human Trafficking Survivor Services
- Job Training/Placement
- LGBTQ Support Services
- Parenting Services
- Public Assistance Programs
- Sexual Assault
- Substance Abuse Services
- Suicide Prevention

- Veteran Services

**Each resource should contain the following information:**

- Name of the Agency
- Phone Number(s)
- Hours of Operation
- Service(s) Description(s)
- Service Area (e.g., Oahu, Maui, Honolulu-only, telehealth, etc.)
- Eligibility (e.g. active military service member, recipient of TANF benefits, Kaiser member, etc.)
- Target Population
- Fees

This assignment will be completed in a threaded Discussion in Canvas so the resource information can be viewed by everyone for future reference. As a class, you will create a comprehensive community referral notebook collectively. The Discussion thread will be called **Community Referral Notebook**.

10 points

Class Presentation Video:

Techniques in Trauma Therapy Video Presentation

100 Points

Class Participation in Trauma Technique Presentations:

26 Points (2 points per presentation)

Final Project:

Case Study Treatment Plan

150 points

Final Exam:

This Final Examination will cover all of the required readings assigned from Week 1 through Week 9, videos shown in class, material from the presentations (from Instructor and Student Projects), the Marianist Values, and the Scientific Method.

This exam consists of all short-answer questions.

100 points

**Total Possible Points. = 486**

*All assignments will be due as stated in Canvas. No assignments will be accepted after its due date unless prior arrangements have been agreed upon with the instructor.*

### Grading

A = 90% – 100%

B = 89% – 80%

C = 79% – 0%

**Tentative Course Schedule – \*The class will be split in half and each student will be assigned to either Cohort 1 or Cohort 2. Please refer to the schedule below to see when you will be attending the in-person portion of this class. Weeks when you are not assigned to physically come to class, you will be participating in an asynchronous learning environment on Canvas.**

Date	Focus	Weekly Reading	Assignments Due
<i>Week 1</i>	Welcome & Introduction Video, Course Syllabus Review	J= Part 1 (Chapters 1 thru 6)	Weekly Discussion Responses
9/30/2024	Crisis Intervention Theory and Application		
	Chapter 15 Legal and Ethical Issues on Crisis and Trauma		

Week 2      Defining Trauma      J= Chapter 7      Weekly Discussion Responses

10/7/2024      Posttraumatic Stress Disorder      V= Part One

Complex Post Traumatic Stress Disorder

Week 3      The Autonomic Nervous System      Weekly Discussion Responses

10/14/2024      Grounding Techniques      V= Part 2

Technique Presentations

Week 4      Family Crisis Intervention      J= Chapter 11 & 12      Weekly Discussion Responses

10/21/2024      Personal Loss: Bereavement and Grief      Community Referral Notebook

Technique Presentations

Week 5      Domestic Violence      J= Chapter 10      Weekly Discussion Responses

10/28/2024      - Cycle of Violence      V= Part 3



- Power and Control

Technique Presentations

<i>Week 6</i>	Sexual Assault	J= Chapter 9	Weekly Discussion Responses
---------------	----------------	--------------	-----------------------------

11/04/2024	Human Trafficking	V= 4	
------------	-------------------	------	--

- Labor Trafficking

- Sex Trafficking

Technique Presentations

<i>Week 7</i>	Disaster Response	J= Chapter 8 & 16	Weekly Discussion Responses
---------------	-------------------	-------------------	-----------------------------

11/11/2024	Lethality		
------------	-----------	--	--

- Suicide

- Homicide

Technique Presentations

*Week 8*      Bullying      J= Chapter 13 & 14      Weekly Discussion Responses

11/18/2024      Childhood Abuse & Neglect      V= 5

- ACEs

Technique Presentations

*Week 9*      Burnout, Vicarious Trauma, Compassion Fatigue      J= Chapter 15      Weekly Discussion Responses

11/25/2024

Case Study and Treatment Plan

*Week 10*      Final Exam      Weekly Discussion Responses

### Marianist Educational Values

Chaminade University is a Catholic, Marianist University. The five characteristics of a Marianist education are:

#### **1. Educate for Formation in Faith**

Catholic Universities affirm an intricate relationship between reason and faith. As important as discursive and logical formulations and critical thinking are, they are not able to capture all that can be and ought to be learned. Intellectual rigor coupled with respectful humility provide a

more profound preparation for both career and life. Intellectual rigor characterizes the pursuit of all that can be learned. Respectful humility reminds people of faith that they need to learn from those who are of other faiths and cultures, as well as from those who may have no religious faith at all.

## **2. Provide an Excellent Education**

In the Marianist approach to education, “excellence” includes the whole person, not just the technician or rhetorician. Marianist universities educate whole persons, developing their physical, psychological, intellectual, moral, spiritual and social qualities. Faculty and students attend to fundamental moral attitudes, develop their personal talents and acquire skills that will help them learn all their lives. The Marianist approach to education links theory and practice, liberal and professional education. Our age has been deeply shaped by science and technology. Most recently, information and educational technologies have changed the way faculty and students research and teach. At Marianist Universities, two goals are pursued simultaneously: an appropriate use of information technology for learning, and the enhancement of interaction between students and teachers. As Catholic, Marianist Universities seek to embrace diverse peoples and understand diverse cultures, convinced that ultimately, when such people come together, one of the highest purposes of education is realized: a human community that respects every individual within it.

## **3. Educate in Family Spirit**

Known for their strong sense of community, Marianists have traditionally spoken of this sense as “family spirit.” Marianist educational experience fosters the development of a community characterized by a sense of family spirit that accepts each person with loving respect, and draws everyone in the university into the challenge of community building. Family spirit also enables Marianist universities to challenge their students, faculty and staff to excellence and maturity, because the acceptance and love of a community gives its members the courage to risk failure and the joy of sharing success.

## **4. Educate for Service, Justice, and Peace**

The Marianist approach to higher education is deeply committed to the common good. The intellectual life itself is undertaken as a form of service in the interest of justice and peace, and the university curriculum is designed to connect the classroom with the wider world. In addition, Marianist universities extend a special concern for the poor and marginalized and promote the dignity, rights and responsibilities of all people.

## 5. Educate for Adaptation to Change

In the midst of rapid social and technological change, Marianist universities readily adapt and change their methods and structures so that the wisdom of their educational philosophy and spirituality may be transmitted even more fully. “New times call for new methods,” Father Chaminade often repeated. The Marianist university faces the future confidently, on the one hand knowing that it draws on a rich educational philosophy, and on the other fully aware for that philosophy to remain vibrant in changing times, adaptations need to be made.

Selected from *Characteristics of Marianist Universities: A Resource Paper*, Published in 1999 by Chaminade University of Honolulu, St. Mary’s University and University of Dayton.

**Each of these characteristics is integrated, to varying degrees, in this course.**

### SCIENTIFIC METHOD DEFINITIONS

The **METHODS OF SCIENCE** are only tools, tools that we use to obtain knowledge about phenomena.

The **SCIENTIFIC METHOD** is a set of assumptions and rules about collecting and evaluating data. The explicitly stated assumptions and rules enable a standard, systematic method of investigation that is designed to reduce bias as much as possible. Central to the scientific method is the collection of data, which allows investigators to put their ideas to an empirical test, outside of or apart from their personal biases. In essence, stripped of all its glamour, scientific inquiry is nothing more **THAN A WAY OF LIMITING FALSE CONCLUSIONS ABOUT NATURAL EVENTS.**

Knowledge of which the credibility of a profession is based must be objective and verifiable (testable) rather than subjective and untestable.

**SCIENCE** is a mode of controlled inquiry to develop an objective, effective, and credible way of knowing.

The assumptions one makes regarding the basic qualities of human nature (that is, cognitive, affective, behavioral, and physiological processes) affect how one conceptualizes human behavior.

The two basic functions of scientific approach are 1) advance knowledge, to make discoveries, and to learn facts in order to improve some aspect of the world, and 2) to establish relations among events, develop theories, and this helps professionals to make predictions of future events.

#### Research Design in Counseling; Heppner, Kivlighan, and Wampold

A **THEORY** is a large body of interconnected propositions about how some portion of the world operates; a **HYPOTHESIS** is a smaller body of propositions. **HYPOTHESES** are smaller versions of theories. Some are derived or born from theories. Others begin as researchers' hunches and develop into theories.

The **PHILOSOPHY OF SCIENCE** decrees we can only falsify, not verify (prove), theories because we can never be sure that any given theory provides the best explanation for a set of observations.

#### Research Method in Social Relations; Kidder

**THEORIES** are not themselves directly proved or disproved by research. Even **HYPOTHESES** cannot be proved or disproved directly. Rather, research may either support or fail to support a particular hypothesis derived from a theory.

Scientific research has four general goals: (1) to describe behavior, (2) to predict behavior, (3) to determine the causes of behavior, and (4) to understand or explain behavior.

#### Methods In Behavioral Research; Cozby

In order to verify the reliability and validity of scientific research it is important to replicate the results. It is the preponderance of evidence that establishes/supports the theory.

<http://allpsych.com/researchmethods/replication.html>