**Section 1375.APPENDIX A Course Descriptions**

The following counselor education course content areas are defined and subject areas outlined; however, this is not an exhaustive list and many other courses may fall within each of the core content areas.

a) Human Growth and Development: Courses in this area cover one or more of the various stages of the human growth cycle and include information about theories of development such as physical, social, cognitive, moral, and creative development, etc. Examples of acceptable courses include, but are not limited to, Human Growth and Development, Developmental Psychology, Child Psychology, Child Development, Adolescent Psychology, Adolescent Development, Life Span Development, and Adult Development.

b) Counseling Theory: Courses in this area cover the major theories of counseling psychotherapy. These courses shall be general theory courses. A course devoted to one type of counseling/therapy is considered a Counseling Technique core course. Examples of acceptable courses include, but are not limited to, Theories of Counseling, Introduction to Psychotherapy, and overview courses in Behavior, Cognitive, Humanistic and Psychodynamic Theories.

c) Counseling Techniques: Courses in this area cover the theoretical foundations and professional skill training enabling the counselor to understand presenting problem, best practice recommendations, and effective, empirically supported intervention strategies. Examples of acceptable courses include, but are not limited to, Rational Emotive Therapy, Behavior Modification, Marital/Couples Counseling, Crisis Counseling, Counselor Interviewing Skills, Pre-Practicum in Counseling, Introduction to Rehabilitation Counseling, Grief Therapy, Substance Abuse Counseling, Stress Management, etc.

d) Group Dynamics, Processing and Counseling: Courses in this area teach the theories, principles, and techniques of group counseling and group psychotherapy. Examples of acceptable courses include, but are not limited to, Group Counseling, Group Counseling and Dynamics, Group Therapy, Group Dynamics, Theories of Group Practice, etc. Courses that use a group format with a focus on the professional development of the counselor are not considered a group course.

e) Appraisal of Individuals: Courses in this area cover assessment of the various attributes of a person through standardized tests. These courses also include an overview of statistical procedures relevant to test standardization and interpretation. Examples of acceptable courses include, but are not limited to, Individual Appraisal, Group Testing, Standardized Testing, Individual Intelligence Testing, Personality Assessment, Introduction to Psychological Measurements, Tests and Measurements, etc.

f) Research and Evaluation: Courses in this area cover statistical principles, research designs, methods, techniques and tools used in performing and interpreting research in counseling. Examples of acceptable courses include, but are not limited to, Methods of Research, Statistics, Research Design, Research in Counseling, Research Techniques, etc.

g) Professional, Legal, and Ethical Responsibilities: Courses in this area cover such topics as professionalism in counseling, federal and State laws relevant to counselors, and ethics with an emphasis on the Code of Ethics of the American Counseling Association. Examples of acceptable courses include, but are not limited to, Ethics and Legal Issues in Counseling, Ethics and Legal Issues in Psychology, Ethics and Legal Issues in Psychotherapy, Ethics and Legal Issues in Professional Counseling, Ethics and Legal Issues in Rehabilitation Counseling, etc.

h) Social and Cultural Foundations: Courses in this area shall include an overview of multicultural issues. The course may not focus on only one cultural group or counseling population. Courses in this area cover topics such as aging, culture, disability, ethnicity, race, religion/spirituality, gender, gender identity, sexual orientation, marital status/partnership, language preference, and socioeconomic status. Examples of acceptable courses include, but are not limited to, Multicultural Counseling, Cultural Differences in Counseling, Cultural Differences in Psychology, Cultural Differences in Rehabilitation Counseling, etc.

i) Lifestyle and Career Development: Courses in this area cover the lifelong processes and the influences that lead to work values, occupational choices, career path/patterns, decision-making style, and integration of self- and career-identity with patterns of work adjustment. The course is designed around the concepts of career development. Examples of acceptable courses include, but are not limited to, Career Counseling, Career Development, Theories of Vocational Choice, Theories of Vocational Counseling, etc.

j) Practicum/Internship: Provides practical experience in counseling for the purpose of developing both individual and group counseling skills. These courses shall include a minimum of 700 clock hours on-site, with a minimum of 280 hours of direct, face-to-face client contact. These experiences allow students to perform some of the counseling activities that a licensed counselor would be expected to perform. Supervision is required on an ongoing basis during the practicum.

Examples of acceptable courses include, but are not limited to, Internship – Community Counseling, Internship – Mental Health Counseling, Internship – Art Therapy, Internship – Pastoral Counseling, and Internship – Rehabilitation Counseling.

k) Psychopathology and Maladaptive Behavior: Courses in this area cover general principles of etiology, diagnosis, treatment, prevention, and cultural factors of mental and emotional disorders. Emphasis is placed on mental status assessment and diagnostic categories as organized in the American Psychiatric Association. (2022). Diagnostic and Statistical Manual of Mental Disorders(5th ed., test rev.) (or current edition). Examples of acceptable courses include, but are not limited to, Abnormal Psychology, Psychopathology, Diagnosis and Treatment Planning, Mental Health Rehabilitation Counseling.

l) Addictions: Courses in this area provide an overview of assessment and treatment methods available for clients and their family members struggling with substance-related disorders and/or behavioral/process addiction issues. Examples of acceptable courses include, but are not limited to, Substance Abuse Counseling, Psychology of Addiction, Addictions Counseling, Addictive Disorders, and Behavioral/Addictions Process. Psychopharmacology is not considered a course in substance abuse.

m) Family Dynamics: Courses in this area cover family systems theory and its applications, prevention approaches for working with families, and specific problems that impede family function. Examples of acceptable courses include, but are not limited to, Family Therapy, Family Counseling, Family Systems Theory, and Family Dynamics.

(Source: Amended at 48 Ill. Reg. 8776, effective June 4, 2024)