School of Community Health Sciences, Counseling and Counseling Psychology

Dr. Julie M. Koch—School Head

The School of Community Health Sciences, Counseling and Counseling Psychology encompasses undergraduate and graduate academic programs in health education and promotion, mental health counseling, counseling psychology, school counseling and nursing. The School seeks to fulfill the traditional functions of teaching, research, outreach and public service that are consistent with the mission of Oklahoma State University. The mission is to foster the development, integration and application of knowledge, theory, skills and experiences to promote social, physical, psychological, educational and environmental health. Consistent with the goals of the University’s Professional Education Council’s Core Concepts and Goals Statement, faculty strives to demonstrate and perpetuate teaching based on theory and research-driven educational practices.

Course Prefixes

Courses that support counseling and counseling psychology are listed in the Catalog under the CPSY prefix. Courses in health education and promotion are listed under the HLTH prefix. Courses in nursing are listed under the NURS prefix.

Health

Bridget M. Miller, PhD—Joan Donelson Jacques Endowed Professor of Health Promotion and Program Coordinator

The health education and promotion program prepares students to provide preventive services in a community, corporate, or clinical setting. Students can choose between two program options: (1) Exercise and Health; or (2) Public Health. Students culminate their degree requirements with a semester-long internship during their final semester. Upon completion of their undergraduate degree, many students continue graduate study in academic fields like Public Health, Physical Therapy, Athletic Training, Exercise Science, or Medicine. This degree track also prepares students for credentialing opportunities such as the Certified Health Education Specialist (CHES) exam and certifications offered through the American College of Sports Medicine (ACSM).

BSN Nursing

Mary Malaska, DNP, RNC, CNE—Assistant Professor and Director

The RN to BSN program is an online baccalaureate degree program designed for individuals who have obtained Registered Nurse licensure and have successfully completed either an accredited associate’s degree or diploma program. The program is designed for working adult learners and focuses on health and wellness.

Counseling and Counseling Psychology

Hugh Crethar, PhD—Jennifer Jacques Flanery Endowed Professor of Community Counseling and Area Coordinator

The counseling and counseling psychology program areas offer graduate programs in mental health counseling and school counseling leading to the MS degree in counseling as well as a PhD degree in educational psychology, with an option in counseling psychology.

Programs/Areas of Emphasis Degrees

Degrees offered through the School of Community Health Sciences, Counseling and Counseling Psychology programs include Bachelor of Science (BS), Master of Science (MS), Education Specialist (EdS), Doctor of Education (EdD) and Doctor of Philosophy (PhD).

Counseling/Counseling Psychology

• Mental Health Counseling - MS
• School Counseling - MS
• Counseling Psychology - PhD

Community Health Sciences

• Health Education and Promotion - BS
• Nursing - BSN

Health and Human Performance

• Health Education and Promotion - BS, MS, PhD

Courses

CPSY 1113 Career: Journey of A Lifetime
Description: Assists students in exploring career options through increased understanding of self and expanded knowledge of occupational information. Includes a study of the decision-making process and a look at the present and future changing world of work. Previously offered as CPSY 1112 and ABSE 1112.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 3003 Introduction to Counseling and Related Professions
Description: Professions related to counseling such as career counseling, community mental health counseling, school counseling, and substance abuse counseling are examined. Students will also learn about diversity and legal and ethical issues within counseling professions.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 3013 Career: Journey of A Lifetime
Prerequisites: Upper division standing and successful completion of CPSY 3003.
Description: This course serves as a general overview of applied helping skills for those who are considering the counseling profession or related professions as a career. Students will learn major counseling theories and will practice basic helping skills. Instructional methods will include lecture, small-group interaction, discussion, and role plays.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych
CPSY 3023 Mental Health in Schools and the Community
Description: An introduction to mental health issues in school and community settings for education or other helping profession majors. Students will learn about topics such as signs of depression; substance abuse; anxiety, including test anxiety; crisis prevention and response; suicidality and violence in schools; bullying; domestic violence; and cyber-citizenship.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 4013 Field Experience in Counseling
Prerequisites: CPSY 3003 and CPSY 3013.
Description: A senior capstone/field experience for students considering graduate work in counseling psychology, school counseling, community counseling, or a counseling-related profession. The field experience provides students with the opportunity to apply the skills, knowledge, and techniques in an applied setting. Students can expect to gain an understanding of the philosophy, organization, and tasks of their field site to assist in guiding their decision for a future career path.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 4443 Cultural Diversity in Professional Life (D)
Description: Knowledge, awareness and skills regarding cultural diversity in one's professional life. Previously offered as EDUC 4443.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

General Education and other Course Attributes: Diversity

CPSY 5000 Master's Thesis
Description: Consent of advisory committee chairperson. Report of research conducted by a student in the master's program in counseling. Credit given and grade assigned upon completion and acceptance of the thesis. Offered for variable credit, 1-6 credit hours, maximum of 6 credit hours.
Credit hours: 1-6
Contact hours: Other: 1
Levels: Graduate
Schedule types: Independent Study
Department/School: Health Sci, Couns, Couns Psych

CPSY 5173 Gerontological Counseling
Description: An examination of mental health treatment modalities and approaches to counseling with older adults. An experiential component is included. Previously offered as ABSE 5173.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5320 Seminar in Counseling Psychology
Description: Graduate standing. In-depth exploration of contemporary topics in counseling psychology. Offered for variable credit, 3-9 credit hours, maximum of 9 credit hours.
Credit hours: 3-9
Contact hours: Other: 3
Levels: Graduate
Schedule types: Independent Study
Department/School: Health Sci, Couns, Couns Psych

CPSY 5323 Relational Cultural Theory
Description: The goal of this course is to gain an understanding of the theoretical foundation of the Relational Cultural Model of psychotherapy.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5413 Critical Issues in School Counseling
Description: Counseling and guidance activities to enhance school climate and promote development of student academic, career, and personal/social competencies. Knowledge of the school counselor's role in advocating for students with special needs.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5453 Vocational and Career Information
Description: Local, state and national sources of occupational information about jobs and sociological factors related to career planning and worker effectiveness. Previously offered as ABSE 5453.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5473 Basic Counseling Skills
Prerequisites: Graduate standing.
Description: Basic attending and relationship building skills needed to develop an effective therapeutic relationship, establish counseling goals, and evaluate client outcomes. Previously offered as ABSE 5473.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5483 Mental Health Counseling
Description: Base of knowledge about the counseling profession, its history, philosophy, and identity. The roles and responsibilities of the professional counselor as therapist and advocate in working competently with culturally diverse populations in a socially and culturally diverse society.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

For more courses and details, please refer to the official academic catalog.
CPSY 5493 Professional and Ethical Issues in Counseling
Prerequisites: Admission to community counseling, elementary or secondary school counseling graduate program or consent of instructor.
Description: Principles and issues of professionalism and ethics. Seminar format with special emphasis on student’s thorough preparation for, and active participation in, class discussions.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5503 Multicultural Counseling
Description: Emphasis on effective communication skills in cross-cultural counseling or helping relationships and the integration of theoretical knowledge with experimental learning. Psycho-social factors, life styles, etc. of various cultural and ethnic groups and their influence on the helping relationship. Previously offered as ABSE 5503.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5513 Comprehensive School Counseling Programs
Description: Foundations of school counseling focusing on the knowledge and skills required to develop, implement, coordinate, and manage a comprehensive, developmental school counseling program.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5523 Individual Appraisal
Description: Methods of developing a framework for understanding individuals and techniques for data collection, assessment, and interpretation such as interviews, testing, and case study. The study of individual differences including ethnic, cultural and gender factors. Previously offered as ABSE 5520.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5533 Developmental Interventions
Prerequisites: CPSY 5473.
Description: Counseling theories and techniques for working with children, adolescents, and their parents in individual and group counseling and consulting.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5543 Career Development Theories
Description: Historical and contemporary viewpoints advanced by Ginsberg, Super, Holland, Roe, etc. Counselors are assisted in developing the theoretical and applied basis for developing school-based career education programs and for assisting individuals in career planning. Previously offered as ABSE 5543.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5553 Theories of Counseling
Description: Exploration of the foundations of major individual counseling theoretical approaches with opportunities for personal reflection and application. Previously offered as ABSE 5553.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5563 Conceptualization and Diagnosis in Counseling
Description: Conceptualization and diagnosis through a study of principles of understanding dysfunction in human behavior or social disorganization and provides an in-depth knowledge of use of the DSM classification system.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5573 Group Process
Description: Group dynamics, theory and techniques applicable to working with people of all ages in various school and non-school settings. Group member competencies are stressed during the laboratory period. Previously offered as ABSE 5573.
Credit hours: 3
Contact hours: Lecture: 2 Other: 1
Levels: Graduate
Schedule types: Independent Study, Lecture, Combined lecture & IS
Department/School: Health Sci, Couns, Couns Psych

CPSY 5593 Counseling Practicum
Prerequisites: Grade of "B" or better in CPSY 5473 and CPSY 5553; admission to program or instructor consent.
Description: Supervised experience in human interaction processes of counseling and consulting with the major goal of facilitating positive growth processes through individual supervision. May be conducted in a variety of settings with a wide range of developmental levels. Previously offered as ABSE 5590.
Credit hours: 3
Contact hours: Other: 3
Levels: Graduate
Schedule types: Independent Study
Department/School: Health Sci, Couns, Couns Psych
CPSY 5663 Counseling And Sexuality
Prerequisites: Permission of instructor.
Description: Current trends in counseling clients with sexual problems, as well as clients with varying sexual orientations and identities.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5673 Substance Abuse Counseling
Prerequisites: Permission of instructor.
Description: Current therapeutic trends, strategies, and modalities used in the treatment of addictions, as well as relapse prevention strategies and treatment of special populations.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5683 Internship In Counseling I
Prerequisites: Grade of "B" or better in CPSY 5593 and admission to counseling program.
Description: Supervised experience working and studying in a counseling agency or setting.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5693 Internship In Counseling II
Prerequisites: Grade of "B" or better in CPSY 5683 and admission to counseling program.
Description: Supervised experience working and studying in a counseling agency or setting.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 5720 Workshop
Description: Professional workshops on various topics. Designed to meet unique or special needs of professionals in various mental health fields. Offered for variable credit, 1-9 credit hours, maximum of 9 credit hours.
Credit hours: 1-9
Contact hours: Lecture: 1
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 6000 Doctoral Dissertation
Prerequisites: Consent of advisory committee chairperson.
Description: Report of research conducted by a student in the doctoral program in counseling psychology. Credit given and grade assigned upon completion and acceptance of the doctoral dissertation. Offered for variable credit, 1-9 credit hours, maximum of 25 credit hours.
Credit hours: 1-9
Contact hours: Other: 1
Levels: Graduate
Schedule types: Independent Study
Department/School: Health Sci, Couns, Couns Psych

CPSY 6053 Ethical and Legal Issues in Professional Psychology
Prerequisites: Consent of instructor.
Description: Ethical and legal standards applied to the professional practice of psychology. Previously offered as CPSY 6503.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 6083 Principles of Counseling Psychology
Prerequisites: Admission to the doctoral program in counseling psychology.
Description: Development, theoretical foundations and applications of therapeutic models of counseling and psychology. Previously offered as ABSE 6083.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 6123 Adult Personality Assessment
Prerequisites: Admission to counseling, school, or clinical psychology program.
Description: Administration and interpretation of adult personality assessment instruments such as Rorschach, TAT and DAP. Previously offered as ABSE 6213.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 6153 Personality Theories
Prerequisites: Graduate standing.
Description: An in-depth analysis of personality theories and personality disorders. Previously offered as ABSE 6153.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 6213 Beck's Cognitive Therapy
Prerequisites: Graduate standing in counseling, counseling psychology, school psychology, or clinical psychology; or consent of instructor.
Description: The theory and practice of Aaron T. Beck's cognitive therapy approach. Cognitive restructuring, problem-solving, imagery work, and cognitive case conceptualization skills to help clients with a variety of presenting problems.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych
CPSY 6310 Advanced Practicum and Supervision
Prerequisites: Admission to counseling psychology program.
Description: For prospective counseling psychologists, counselor educators and supervisors, and practicing counselors. Supervised assistance in development of counseling, consulting, and supervising competencies. Previously offered as ABSE 6310. Offered for variable credit, 3-12 credit hours, maximum of 12 credit hours.
Credit hours: 3-12
Contact hours: Other: 3
Levels: Graduate
Schedule types: Independent Study
Department/School: Health Sci, Couns, Couns Psych

CPSY 6313 Advanced Group Interventions
Prerequisites: Admission to counseling psychology program or consent of instructor.
Description: Discussion and exploration of various aspects of group development and treatment. Theory and application of theory. Various factors associated with group psychotherapy cohesion, dynamics and screening. Course previously offered as ABSE 6313.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 6323 Psychological Consultation
Prerequisites: Admission to graduate program in the SAHEP or psychology program.
Description: Models and strategies for the delivery of special services in the schools and other agencies that focus on serving the mental health needs of children, adolescents and adults. The use of consultation as a problem-solving alternative to the assessment/label approach. Students can receive credit in only one of the courses. Same course as EPSY 6323.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 6413 Counseling Psychology Practicum I
Prerequisites: Admission to the doctoral program in counseling psychology.
Description: For prospective counseling psychologists. Individual and group supervision and didactic experiences to facilitate the development of counseling psychology competencies with clients at practicum sites. Establishing therapeutic conditions conducive to growth and change.
Credit hours: 3
Contact hours: Other: 3
Levels: Graduate
Schedule types: Independent Study
Department/School: Health Sci, Couns, Couns Psych

CPSY 6423 Counseling Psychology Practicum II
Prerequisites: Grade of "B" or better in CPSY 6413.
Description: For prospective counseling psychologists. Individual and group supervision and didactic experiences to facilitate the development of counseling psychology competencies with clients at practicum sites. Integrating theory and research into the practice of counseling psychology.
Credit hours: 3
Contact hours: Other: 3
Levels: Graduate
Schedule types: Independent Study
Department/School: Health Sci, Couns, Couns Psych

CPSY 6433 Counseling Psychology Practicum III
Prerequisites: Grade of "B" or better in CPSY 6423.
Description: For prospective counseling psychologists. Individual and group supervision and didactic experiences to facilitate the development of counseling psychology competencies with clients at practicum sites. Integrating theory and psychological assessment skills into the practice of counseling psychology.
Credit hours: 3
Contact hours: Other: 3
Levels: Graduate
Schedule types: Independent Study
Department/School: Health Sci, Couns, Couns Psych

CPSY 6443 Counseling Psychology Practicum IV
Prerequisites: Grade of "B" or better in CPSY 6433.
Description: For prospective counseling psychologists. Individual and group supervision and didactic experiences to facilitate the development of counseling psychology competencies with clients at practicum sites. Building integrating consultation skills into the practice of counseling psychology.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 6543 Clinical Supervision
Prerequisites: Admission to clinical, counseling or school psychology doctoral program, or consent of instructor.
Description: Building the doctoral psychology student’s knowledge base in theory and research of clinical supervision in psychology, and development and refinement of the student’s supervision skills. Current theory and research in supervision, including a practical component.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

CPSY 6553 Advanced Practice in Marital and Family Treatment
Prerequisites: Admission to counseling, school or clinical psychology program.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych
CPSY 6560 Advanced Internship in Counseling

**Description:** Admission to the doctoral program in psychology. Designed to facilitate counseling effectiveness and to set the stage for a productive life of professional practice. Previously offered as ABSE 6560. Offered for variable credit, 1-3 credit hours, maximum of 6 credit hours.

**Credit hours:** 1-3
**Contact hours:** Other: 1
**Levels:** Graduate
**Schedule types:** Independent Study
**Department/School:** Health Sci, Couns, Couns Psych

HLTH 3613 Community Health Issues in Diverse Populations (D)

**Description:** The purpose of the course is to introduce concepts of health disparities, and equity for diverse populations across a range of health topics. The course will also introduce the students to community based solutions to health issues for diverse populations in an effort to promote inclusivity.

**Credit hours:** 3
**Contact hours:** Lecture: 3
**Levels:** Undergraduate
**Schedule types:** Lecture
**Department/School:** Health Sci, Couns, Couns Psych

General Education and other Course Attributes: Diversity

HLTH 2213 Principles in Health Education and Promotion

**Description:** Introduction to the field of health education and health promotion focusing on health principles, theories, career opportunities and a field experience. Previously offered as HHP 2213.

**Credit hours:** 3
**Contact hours:** Lecture: 3
**Levels:** Undergraduate
**Schedule types:** Lecture
**Department/School:** Health Sci, Couns, Couns Psych

HLTH 2323 Drugs and Society

**Description:** Impact of recreational use of drugs on society. Topics will include stimulant, depressant, and hallucinogenic recreational drugs, ergogenic substances and current research regarding addiction. Particular focus will be given to current trends of substance use and abuse. Cannot be substituted for HLTH 3913. Previously offered as HHP 2323.

**Credit hours:** 3
**Contact hours:** Lecture: 3
**Levels:** Undergraduate
**Schedule types:** Lecture
**Department/School:** Health Sci, Couns, Couns Psych

HLTH 2603 Total Wellness (S)

**Description:** Overview of individual, interpersonal, and sociocultural issues that have an impact on health. Behavioral decision-making, social relations, cultural diversity and environmental sensitivity. Previously offered as HHP 2603.

**Credit hours:** 3
**Contact hours:** Lecture: 3
**Levels:** Undergraduate
**Schedule types:** Lecture
**Department/School:** Health Sci, Couns, Couns Psych

General Education and other Course Attributes: Social & Behavioral Sciences

HLTH 3010 Health Workshop

**Description:** Concentrated study of special topic(s) related to health not currently covered in the available undergraduate curriculum.

**Credit hours:** 1-3
**Contact hours:** Other: 1
**Levels:** Undergraduate
**Schedule types:** Independent Study
**Department/School:** Health Sci, Couns, Couns Psych

HLTH 3113 Health Issues in Diverse Populations (D)

**Description:** The purpose of the course is to introduce concepts of health disparities, and equity for diverse populations across a range of health topics. The course will also introduce the students to community based solutions to health issues for diverse populations in an effort to promote inclusivity.

**Credit hours:** 3
**Contact hours:** Lecture: 3
**Levels:** Undergraduate
**Schedule types:** Lecture
**Department/School:** Health Sci, Couns, Couns Psych

General Education and other Course Attributes: Diversity

HLTH 3511 Peer Health Education I

**Prerequisites:** Approval of instructor.

**Description:** Comprehensive analysis and application of the theory and practice of peer education principles, designed to educate and provide experiences in preparation for planning and/or participation in integral university or community peer education programs.

**Credit hours:** 1
**Contact hours:** Lecture: 1
**Levels:** Undergraduate
**Schedule types:** Lecture
**Department/School:** Health Sci, Couns, Couns Psych

HLTH 3512 Peer Health Education II

**Prerequisites:** Successful completion of HHP 3511 and approval of instructor.

**Description:** Comprehensive analysis and application of the theory and practice of peer education principles, designed to educate and provide experiences in preparation for planning and/or participation in integral university or community peer education programs.

**Credit hours:** 2
**Contact hours:** Other: 2
**Levels:** Undergraduate
**Schedule types:** Independent Study
**Department/School:** Health Sci, Couns, Couns Psych

HLTH 3603 Understanding HIV (DS)

**Description:** Examines the HIV global epidemic from historical, political, epidemiological, biological, medical, psychological, legal, and ethical perspectives. Previously offered as HHP 3603.

**Credit hours:** 3
**Contact hours:** Lecture: 3
**Levels:** Undergraduate
**Schedule types:** Lecture
**Department/School:** Health Sci, Couns, Couns Psych

General Education and other Course Attributes: Social, Political & Behavioral Sciences

HLTH 3613 Community Health

**Prerequisites:** HLTH 2213, HLTH 2603, or consent of instructor.

**Description:** A survey of issues impacting the health of populations from a community health perspective. Previously offered as HHP 3613.

**Credit hours:** 3
**Contact hours:** Lecture: 3
**Levels:** Undergraduate
**Schedule types:** Lecture
**Department/School:** Health Sci, Couns, Couns Psych

General Education and other Course Attributes: Diversity, Social & Behavioral Sciences
HLTH 3623 School Health Programs  
**Prerequisites:** HLTH 2603.  
**Description:** The identity and relationships of school health instruction, services and environments. Previously offered as HHP 3623.  
**Credit hours:** 3  
**Contact hours:** Lecture: 3  
**Levels:** Undergraduate  
**Schedule types:** Lecture  
**Department/School:** Health Sci, Couns, Couns Psych  

HLTH 3643 Health Behavior Theory  
**Prerequisites:** Full admission to HEP and junior standing or consent of instructor.  
**Description:** Survey of biopsychosocial behavioral models to determine basis for health risk behaviors, with emphasis on determinants of health/ risk behavior and exploring health behavior theories across age, sex, ethnicity, culture and socio-economic status. Same course as HHP 4503. Previously offered as HHP 3643.  
**Credit hours:** 3  
**Contact hours:** Lecture: 3  
**Levels:** Undergraduate  
**Schedule types:** Lecture  
**Department/School:** Health Sci, Couns, Couns Psych  

HLTH 3723 Principles of Epidemiology  
**Prerequisites:** Full admission to HEP and junior standing or consent of instructor.  
**Description:** Survey of epidemiological principles as they relate to the planning of both community and consumer-focused health promotion and disease prevention programs. Same course as HHP 4633. Previously offered as HHP 3723.  
**Credit hours:** 3  
**Contact hours:** Lecture: 3  
**Levels:** Undergraduate  
**Schedule types:** Lecture  
**Department/School:** Health Sci, Couns, Couns Psych  

HLTH 3913 Alcohol and Drug Education  
**Prerequisites:** Full admission to HEP.  
**Description:** Introduction to the field of health education and health promotion focusing on health principles, theories, career opportunities, and a field experience. Same course as HHP 4033. Previously offered as HHP 3913.  
**Credit hours:** 3  
**Contact hours:** Lecture: 3  
**Levels:** Undergraduate  
**Schedule types:** Lecture  
**Department/School:** Health Sci, Couns, Couns Psych  

HLTH 4010 Directed Study in Health  
**Description:** Course is an independent study of health issues and trends through readings, research, and/or analysis.  
**Credit hours:** 1-3  
**Contact hours:** Other: 1  
**Levels:** Undergraduate  
**Schedule types:** Independent Study  
**Department/School:** Health Sci, Couns, Couns Psych  

HLTH 4233 Health and Sexuality  
**Prerequisites:** Full admission to HEP and junior standing or consent of instructor.  
**Description:** The study of human sexuality as it relates to the health and well-being of individuals in the community, college, school or worksite settings. Previously offered as HHP 4233.  
**Credit hours:** 3  
**Contact hours:** Lecture: 3  
**Levels:** Undergraduate  
**Schedule types:** Lecture  
**Department/School:** Health Sci, Couns, Couns Psych  

HLTH 4770 Internship in Health Education & Promotion - Exercise and Health (Athletic Training)  
**Prerequisites:** Last semester; and Senior standing with cumulative 2.75 GPA; current CPR and First Aid Certification.  
**Description:** Supervised field work experience in health promotion or health-related settings for students going in to the Master of Athletic Training 3/2 Program.  
**Credit hours:** 1-12  
**Contact hours:** Other: 1  
**Levels:** Undergraduate  
**Schedule types:** Independent Study  
**Department/School:** Health Sci, Couns, Couns Psych  

HLTH 4783 Health Issues in Gerontology  
**Prerequisites:** HLTH 2603.  
**Description:** An in-depth study of physiological aspects, special health concerns, chronic illnesses and services as applied to gerontology. Previously offered as HHP 4783.  
**Credit hours:** 3  
**Contact hours:** Lecture: 3  
**Levels:** Graduate, Undergraduate  
**Schedule types:** Lecture  
**Department/School:** Health Sci, Couns, Couns Psych  

HLTH 4880 Internship in Health Education and Promotion: Community Health  
**Prerequisites:** Last semester: Senior standing with cumulative GPA 2.75.  
**Description:** Supervised field work experience in health promotion or health-related settings for students in the Community Health option. Previously offered as HHP 4880.  
**Credit hours:** 1-12  
**Contact hours:** Other: 1  
**Levels:** Graduate, Undergraduate  
**Schedule types:** Independent Study  
**Department/School:** Health Sci, Couns, Couns Psych
HLTH 4902 Pre-Internship Seminar
Prerequisites: Full admission to HEP last semester prior to 4990 or consent of instructor.
Description: Capstone course for the health promotion program. Preparation for the health internship experience. Previously offered as HHP 4902.
Credit hours: 2
Contact hours: Lecture: 2
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

HLTH 4973 Program Design in Health Education and Promotion
Prerequisites: Full admission to HEP and senior standing or consent of instructor.
Description: A survey of program design principles, including theoretical foundations, planning, marketing, delivering and evaluating. Same course as HHP 4433. Previously offered as HHP 4973.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

HLTH 4990 Internship in Health Education and Promotion: Exercise and Health
Prerequisites: Last semester; senior standing with cumulative GPA 2.75.
Description: Supervised field work experience in health promotion or health-related settings for students in the Exercise and Health option. Previously offered as HHP 4990. Offered for variable credit, 1-12 credit hours, maximum of 12 credit hours.
Credit hours: 1-12
Contact hours: Other: 1
Levels: Graduate, Undergraduate
Schedule types: Independent Study
Department/School: Health Sci, Couns, Couns Psych

HLTH 5113 Psychological Aspects of Health
Description: Examination of the interactions of biological, psychological, social, and spiritual factors as they impact human health and disease. Previously offered as HHP 5113.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

HLTH 5133 Environmental Health
Description: Examination of health issues, etiology of disease, and control and prevention of major environmental health problems in industrialized and developing countries. Same course as MPH 5133. Previously offered as HHP 5133.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

HLTH 5233 Sexuality and Health
Description: The study of human sexuality as it relates to the health and well-being of individuals in the community, college, school, and worksite settings. Particular emphasis will be on examining, developing, or modifying new programming related to sexuality and health. Previously offered as HHP 5233.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

HLTH 5323 General Epidemiology
Description: Examination of epidemiological theory and its methodological application to public health. Same course as MPH 5323. Previously offered as HHP 5323.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

HLTH 5453 Cultural Issues In Health
Description: Examination of ways in which culture affects health and care including perceptions of health, disease, treatments, and the values associated with these factors. The need for cultural sensitivity in health care is emphasized. Same course as MPH 5453. Previously offered as HHP 5453.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

HLTH 5553 Foundations of Public Health Education and Promotion
Description: Exploration of key concepts, philosophies, ethical principles, historical events, theories/models, and responsibilities and competencies of public health promotion. Same course as MPH 5553. Previously offered as HHP 5553.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

HLTH 5653 General Epidemiology
Description: Examination of epidemiological theory and its methodological application to public health. Same course as MPH 5653. Previously offered as HHP 5653.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

HLTH 5683 Health Behavior Theory and Practice for Public Health
Description: Theories and concepts of health behavior change and exploration of the application of theories to public health programs. Same course as MPH 5683. Previously offered as HHP 5683.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

HLTH 5973 Designing Public Health Programs
Description: Application of program design principles, including needs assessment, theoretical application, program planning and marketing. Same course as MPH 5973. Previously offered as HHP 5973.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych
HLTH 5983 Implementation and Evaluation of Public Health Programs
Description: Application of program implementation and evaluation, including evaluation design. Same course as MPH 5983. Previously offered as HHP 5983.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Graduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

HLTH 6020 Research Colloquium in Health Promotion
Description: Topics-based graduate colloquium that explores selected topics and research in the areas of health promotion.
Credit hours: 1-3
Contact hours: Other: 1
Levels: Graduate
Schedule types: Independent Study
Department/School: Health Sci, Couns, Couns Psych

NURS 3000 Registered Nursing Experience/License
Prerequisites: Associate Degree of Diploma in Nursing plus RN license.
Description: Credit to be determined by a successful passing of the NCLEX (National Council Licensing Exam) and holding a current active Registered Nursing License from a state board of nursing. Offered for variable credit, 1-30 credit hours, maximum of 30 credit hours.
Credit hours: 1-30
Contact hours: Other: 1
Levels: Undergraduate
Schedule types: Independent Study
Department/School: Health Sci, Couns, Couns Psych

NURS 3013 Theoretical and Conceptual Foundations of Nursing
Prerequisites: Associate degree or diploma in nursing plus RN license.
Description: Introduction to concepts and theories pertinent to nursing practice in a variety of healthcare environments. Theories are addressed as frameworks for practice. Historical, legal, cultural, economic, and social factors influencing health care are analyzed. Philosophical perspectives related to professional nursing are considered. Strategies are discussed when analyzing and managing ethical dilemmas and the application of these strategies to health and wellness promotion will be examined.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

NURS 3025 Health Assessment, Wellness and Community Health
Prerequisites: Associate degree or diploma in nursing plus RN license.
Description: Health assessment and its relationship to the prevention and early detection of disease across the life span. Health strategies for communities and diverse populations with social, cultural, environmental, and economic dimensions will be examined. Application of concepts from nursing theorists, core competencies for interprofessional collaborative practice, and the wellness model. Health and wellness promotion in the community will be examined through a clinical component.
Credit hours: 5
Contact hours: Lecture: 3 Lab: 4
Levels: Undergraduate
Schedule types: Lab, Lecture, Combined lecture and lab
Department/School: Health Sci, Couns, Couns Psych

NURS 3033 Cultural Considerations in Health Care
Prerequisites: Associate degree or diploma in nursing plus RN license.
Description: Improving cultural awareness, cultural sensitivity and cultural competency among health care professionals. Expands the understanding of cultural diversity in relation to health care beliefs and practices and prepares students to better implement and evaluate individualized plans to improve health care delivery in diverse settings and population groups.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

NURS 3034 Global and Public Health
Prerequisites: Associate degree or diploma in nursing plus RN license.
Description: An introduction of the main concepts of the global health field and explores the impact of professional nursing on the health and well-being of individuals. Overview of principles and goals related to global health, global health issues, burden of disease and interprofessional collaboration to improve health. Students utilize critical reasoning and evidence-based practices to propose and support solutions for public health concerns.
Credit hours: 4
Contact hours: Lecture: 4
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

NURS 4013 Healthcare Policy, Finance and Regulatory Environments
Prerequisites: Associate degree or diploma in nursing plus RN license. NURS 3013, NURS 3025, NURS 3033, NURS 3034.
Description: Provides information, perspectives and strategies that nurses need to develop the capacity and skills to influence reform, quality of care and access to health. Active learning strategies include individual and group learning experiences.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych

NURS 4023 Trends and Issues in Nursing
Prerequisites: Associate degree or diploma in nursing plus RN license. NURS 3013, NURS 3025, NURS 3033, NURS 3034.
Description: An overview of the evolution of nursing as a profession while introducing students to their role as scholarly practitioners. Examination of changes in the U.S. healthcare system, the importance of information technology and measures that promote quality, safety and improved outcomes in patient care as well as issues and trends in contemporary practice, the importance of interprofessional collaboration and the influence of socioeconomic, ethical, legal and professional values.
Credit hours: 3
Contact hours: Lecture: 3
Levels: Undergraduate
Schedule types: Lecture
Department/School: Health Sci, Couns, Couns Psych
NURS 4033 Leadership and Management in Nursing
**Prerequisites:** Associate degree or diploma in nursing plus RN license. NURS 3013, NURS 3025, NURS 3033, NURS 3034.
**Description:** Examination of selected leadership and management theories and processes critical to a work environment that is efficient, effective, and committed to quality nursing care. Emphasis on the key skills employed by successful nurse leaders/managers. Prepares graduates for an entry position into the professional nurse manager role.
**Credit hours:** 3
**Contact hours:** Lecture: 3
**Levels:** Undergraduate
**Schedule types:** Lecture
**Department/School:** Health Sci, Couns, Couns Psych

NURS 4043 Nursing Research and Evidenced-Based Practice
**Prerequisites:** Associate degree or diploma in nursing plus RN license. NURS 3013, NURS 3025, NURS 3033, NURS 3034.
**Description:** Basic understanding of the research process and its application to nursing and evidence-based practice. Includes appraisal of literature, research design, and statistical methods and analysis. Qualitative, quantitative, and mixed methodology research, data summarization, and principles of measurement will be reviewed. Particular emphasis on ethics and the rights and responsibilities toward human subjects are examined.
**Credit hours:** 3
**Contact hours:** Lecture: 3
**Levels:** Undergraduate
**Schedule types:** Lecture
**Department/School:** Health Sci, Couns, Couns Psych

NURS 4050 RN-BSN Capstone
**Prerequisites:** Associate degree or diploma in nursing plus RN license. NURS 3013, NURS 3025, NURS 3033, NURS 3034, NURS 4023, and NURS 4033; May take concurrently with NURS 4043.
**Description:** Implementation of knowledge from the RN-BSN curriculum and application of evidence-based practice while utilizing inter-professional collaboration, leadership, management, ethical decision making, healthcare policy at the local, state and global levels, informatics, health, wellness and research. Engagement in community activities promoting health and wellness and the advancement of the role of the baccalaureate prepared registered nurse.
**Credit hours:** 1-6
**Contact hours:** Lecture: 1
**Levels:** Undergraduate
**Schedule types:** Lecture
**Department/School:** Health Sci, Couns, Couns Psych

Student Affairs

Undergraduate Programs

- Health Education and Promotion: Exercise and Health, BS (http://catalog.okstate.edu/education-health-aviation/health-counseling-psychology/health-education-promotion-exercise-health-bs)
- Health Education and Promotion: Public Health, BS (http://catalog.okstate.edu/education-health-aviation/health-counseling-psychology/health-education-promotion-public-health-bs)
- Nursing, BSN (RN to BSN) (http://catalog.okstate.edu/education-health-aviation/health-counseling-psychology/nursing-bsn)
- Pre-Counseling (PCOU), Minor (http://catalog.okstate.edu/education-health-aviation/health-counseling-psychology/pre-counseling-minor)
- Public Health (PH), Minor (http://catalog.okstate.edu/education-health-aviation/health-counseling-psychology/public-health-minor)
- Pre-Counseling (PCOU), Minor (http://catalog.okstate.edu/education-health-aviation/health-counseling-psychology/pre-counseling-minor)

Graduate Programs

The counseling and counseling psychology program areas offer graduate programs in mental health counseling and school counseling leading to the MS degree in counseling as well as a PhD degree in educational psychology with an option in counseling psychology.

Counseling Psychology

Carrie Winterowd, PhD—Clinical Associate Professor and Training Director

PhD Program

This program is accredited by the American Psychological Association and is based on the scientist-practitioner model of training. The program is designed to prepare students for counseling, consulting, teaching and research roles in various settings such as university counseling centers, academic departments, hospitals, public service settings such as prisons and Veterans Administration Medical Centers, business settings, mental health clinics and community settings. Students are required to follow a specified sequence of study in which academic coursework and practicum experiences are integrated. Students must also complete one year of full-time internship. Application materials for the counseling psychology program are due by December 1st for the following summer or fall enrollment.

Counseling MS

Tonya R. Hammer, PhD—Assistant Professor and Program Coordinator

Mental Health Counseling

This program is intended for individuals who wish to serve as professional counselors in a variety of human service and community mental health agencies. Students may choose elective courses in selected areas of specification such as youth counseling, substance abuse counseling and mental health counseling. The program is designed to meet the academic requirement for licensure as a professional counselor in Oklahoma and the standards set by CACREP for national accreditation. Application materials for this program are due February 1st for the following summer or fall enrollment.

School Counseling

MS Program

This program prepares students to work as counselors in public schools, serving students, teachers and parents. The role of the school counselor is to coordinate the comprehensive school counseling program, focusing on the educational, career, personal and social development of students. Within this comprehensive school counseling program, school counselors provide counseling, consulting, coordinating and appraisal services. The school counseling program is designed to meet the certification requirements for the State of Oklahoma as well as requirements of the Council for Accreditation of Counseling and Related Educational Programs (CACREP). Application materials for this program are due February 1st for the following summer or fall enrollment.

Faculty

Julie M. Koch, PhD—Associate Professor and Head

*Professors:* Alfred F. Carlozzi, EdD; Sue C. Jacobs, PhD; John S. C. Romans, PhD; Carrie Winterowd, PhD

*Associate Professors:* Hugh C. Certhar, PhD; Julie M. Croff, PhD; Tonya R. Hammer, PhD; Bridget M. Miller, PhD; Valerie McGaha, PhD

*Clinical Associate Professor:* Thomas R. Berry, PhD
Assistant Professors: Mary E.W. Malaska, PhD; Kelley E. Rhoads, PhD; Diane M. Stutey, PhD
Clinical Instructor: Alana K. Cluck, PhD