

Counseling and Mental Health Syllabus

Course Description/Goals:

Counseling and mental health investigates careers in counseling, mental health, and social work. This class explores material in counseling and mental health as it relates to health & wellness across the life span. Students will study the psychological effects of chemical dependency, mental health issues, and apply knowledge of ethical and legal responsibilities for counseling and mental health professionals.

Course TEKS/Objectives:

In the Counseling and Mental Health TEKS (Texas Essential Knowledge and Skills), students model the knowledge and skills necessary to pursue a counseling and mental health career through simulated environments. Students are expected to apply knowledge of ethical and legal responsibilities, limitations, and the implications of their actions. Professional integrity in counseling and mental health care is dependent on acceptance of ethical and legal responsibilities.

[Chapter 130.276 Counseling and Mental Health TEKS](#)

Course Outline:

Semester 1	Semester 2
-Academic Knowledge for Counseling and Mental Health -Mental Health Conditions & Disorders -Treatment Modalities -Communication Skills & Client Relations	-Professional Ethics -Interpersonal Relationships -Career Development