



Mental Health and Addictions Counselling Diploma

PLAR Candidate Guide

Prior Learning Assessment and Recognition (PLAR)

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Prior learning credit options at Saskatchewan Polytechnic

See [Get Credit for What you Know](#) for important information about all options to get credit for prior learning at Sask Polytech, including PLAR, transfer credit, Canadian Armed Forces credit, and equivalency credit.

How to navigate this document

This document contains links to other document sections or webpages. To return to where you were from another section in this document, press the *ALT* key and *left arrow* key at the same time. To return to this webpage from another webpage, close the other webpage or click back on the browser tab for this document.

Contents of this guide

This guide contains the following specific PLAR information and tools for this program

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- B. [PLAR eligibility and options](#)
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A. PLAR fees

Fees for PLAR challenges are set to cover our costs for consultation, assessment, and related administrative tasks. PLAR fees are non-refundable and non-transferrable.

The PLAR fees policy is subject to change for each new academic year. Please see the **Cost** section on the [PLAR webpage](#) for current fee information.

B. PLAR eligibility and options

To be eligible for PLAR for courses in this program, you must first apply for admission and be accepted into the program. You must also consult with the [PLAR contact person](#) and be approved for PLAR assessment.

Course prerequisites and corequisites

Some courses have one or more other courses that must be completed first (prerequisite) or at the same time (corequisite). See [course outlines](#) in this guide to identify any pre- or co-requisites for each course. Discuss with your [PLAR contact person](#) how to deal with courses with corequisites.

Block assessment

Some programs may assess a cluster of courses together in one block, which may save you time and effort. Ask the [PLAR contact person](#) whether there are any block assessment options in this program.

C. Dates when PLAR assessment is available

PLAR assessment for this program is available from Sept 1 to June 15 in each academic year.

All PLAR assessments must be completed by June 15 of each academic year.

D. Special directions for this program

1. **Review** the [PLAR process and FAQs](#) and the information in this guide.
2. **Self-rate** your learning for each course using the [Course Outlines](#) in this guide.
3. **Consult** with the [PLAR contact person](#) for PLAR approval. Be prepared to provide your resume, course self-ratings (see [section F](#)), and a partially completed [PLAR application](#). If you are approved for PLAR, the contact person will sign your PLAR application and explain next steps.
4. Apply for admission to the program. See [directions](#) for applying.
5. **Register** for PLAR at [Registration/Enrolment Services](#) once you have signed approval on your [PLAR Application Form](#). The PLAR fee will be added to your student account.
6. **Finalize** an assessment plan with your assigned assessor.
7. **Complete** assessment before your PLAR registration expires.

E. PLAR contact person

Contact one of the Program Heads below to arrange a consultation **after** you have read this guide and [general PLAR information](#) and rated yourself for each course (see next section). Consultation may be by phone, online, or in person. Be prepared to provide your resume, course self-ratings, and a partially completed [PLAR application](#). If agreement is reached to go ahead with PLAR, the contact person will sign approval on your PLAR application and explain the next steps. Admission to the program is required before you can register for PLAR.

Joy Friesen, Program Head
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F. Self-rating course outlines

Clicking on a course code below opens a page where you can rate yourself on the knowledge and skills assessed for PLAR credit. For Arts & Sciences courses, clicking on the course code opens another PLAR guide. The [PLAR contact person](#) for this program will refer you to another person to discuss PLAR for courses delivered by Arts & Sciences or another program/department.

COURSE CODE	COURSE NAME	Delivered by another department/program
Year 1 – Semester 1		
ENGL 101	Critical Reading and Writing	Arts & Sciences
MHA 103	Roles, Responsibilities and Ethics	
MHA 104	Introduction to Pharmacology and Psychobiology	
MHA 105	Phenomenology of Substance Use and Disorder Patterns	
MHA 108	Mental Health First Aid	
MHA 148	Professional Practice	
PSYC 102	Introduction to Psychology 1	Arts & Sciences
SOCI 171	Culture and Diversity in Canadian Society	
Year 1 – Semester 2		
MHA 101	Introduction to Counselling Skills	
MHA 102	Conflict Resolution	
MHA 106	Models of Detoxification Processes	
MHA 107	Family and the Healing Process	

COURSE CODE	COURSE NAME	Delivered by another department/program
MHA 143	Concurrent Disorders	
MHA 144	Poly-Addictions	
MHA 149	Mental Health and Psychological Considerations	
SEM 109	Seminar	
Year – Semester 3		
MHA 109	Trauma-Informed Practice	
PRAC 131	Allied Services Practicum	
PRAC 247	Detoxification Practicum	
Year 2 – Semester 4		
COUN 241	Counselling Modalities	
MHA 200	Case File Management, Screenings, and Intake Procedures	
MHA 201	Assessments, Motivational Interviewing and Recovery Plans	
MHA 202	Individual Counselling Skills	
MHA 203	Individual Counselling Skills Lab	
SEM 202	Individual Counselling Seminar	
Year 2 – Semester 5		
COUN 245	Group Facilitation	
MHA 204	Practice Consideration for Diverse Populations	
MHA 205	Contemporary Interventions	
MHA 206	Group Counselling	
MHA 207	Community Engagement, Partnerships and Prevention Programs	
MHA 208	Transition to Professional Practice Seminar	
PRAC 220	Consolidated Practice Education A	
Year 2 – Semester 6		

COURSE CODE	COURSE NAME	Delivered by another department/program
PRAC 221	Consolidated Practice Education B	

ENGL 101 - Critical Reading and Writing

You will develop basic skills in critical analysis and effective reading by analyzing and evaluating materials from various disciplines. You will also refine your understanding and practice of the structures of composition by writing a research paper on a topic of your choice using APA-style.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Practice critical writing skills.			
2. Practice critical reading skills.			
3. Demonstrate persuasive writing strategies in the writing process.			
4. Evaluate research publications.			
5. Create a research paper on a chosen topic by applying critical reading, writing and research skills.			
6. Modify a research paper illustrating revision and editing skills.			

MHA 103 - Roles, Responsibilities and Ethics

You will develop knowledge of ethical principles, legal standards and reflect upon scope of practice. You will examine ethical decision making and apply an ethical problem-solving model. You will examine inter-professional dynamics, cyber-counselling, stress, and cultural and Indigenous perspectives.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine the importance of counselling ethical standards.			
2. Discuss the American Counselling Association’s six ethical principles.			
3. Describe legal considerations in counselling.			
4. Discuss ethical considerations in online and cyber-counselling.			
5. Examine the impact of culture on ethical decision making.			
6. Discuss Indigenous perspectives in ethics.			
7. Apply an ethical decision-making model.			

MHA 104 - Introduction to Pharmacology and Psychobiology

You will define pharmacology and psychobiology. Major topics covered include an introduction to neuroanatomy, and neuroscience of addiction and pharmacokinetics. You will identify the biological basis of mental health disorders and the impact of psychotropic use in the brain and central nervous system (CNS).

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine the importance of studying pharmacology and psychobiology.			
2. Examine central and peripheral nervous systems and their functions.			
3. Examine brain anatomy and the neuroanatomy of reward.			
4. Examine the neuroscience of addiction.			
5. Examine pharmacology and pharmacokinetics.			
6. Discuss the impact of psychotropic drug use on the brain and central nervous system (CNS).			
7. Identify the biological basis of mental health disorders and psychiatric medications.			

MHA 105 - Phenomenology of Substance Use and Disorder Patterns

You will explore professional accountabilities when working with substances and the substance use continuum. You will examine the etiology and major theories of influence including trauma-informed care. You will study the health impacts/effects of depressants, stimulants and hallucinogens and trending patterns of use.

Credit unit(s): 4.0
Prerequisites: MHA 104
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Discuss specific professional accountabilities when working with substance use.			
2. Examine the substance use to addiction continuum and presentation.			
3. Examine etiology and substance use theories.			
4. Analyze depressant consumption.			
5. Analyze stimulant consumption.			
6. Analyze hallucinogen consumption.			
7. Analyze trending patterns of substance use.			
8. Investigate trauma-informed care for substance use disorders.			

MHA 108 - Mental Health First Aid

You will learn to recognize the signs and symptoms of most common mental health problems and be able to identify when someone is experiencing a mental health and substance use crisis. You will learn how to interact confidently with individuals experiencing a mental health problem or crisis. You will also examine self-care practices to maintain mental well-being. Upon the completion of this course, you will receive certification in Mental Health First Aid (MHFA).

Credit unit(s): 1.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Identify the signs and symptoms of someone in a mental health and substance crisis.			
2. Examine how Mental Health First Aid can maintain mental well-being in self and others.			
3. Practice applying Mental Health First Aid skills.			

MHA 148 - Professional Practice

You will be introduced to professional and accountable practice in the addictions and mental health field. You will examine the concept of self by applying the principles of self-reflective practice, which will help you identify and respond to stress. You will prepare a strength-based approach for self-directed learning.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Prepare a strength-based approach for self-directed learning.			
2. Discuss professional responsibilities of counsellors in professional practice.			
3. Apply principles of reflective practice.			
4. Examine dynamics of stress.			

PSYC 102 - Introduction to Psychology 1

You will learn about the history and evolution of psychology as a science. You will define and differentiate various research methods and theoretical perspectives. You will explore the study of human behaviour by examining concepts including: human development, personality, social psychology, psychological disorders and treatments, and the relationship between health and stress.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): PSYC 188

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Describe psychology as a science.			
2. Examine the stages of human development.			
3. Explain perspectives on personality.			
4. Examine social psychology and the power of social influence.			
5. Practice managing stress through understanding the relationship between stress, health, and coping.			
6. Analyze the components of various psychological disorders.			
7. Evaluate psychological and biological treatments.			

SOCI 171 - Culture and Diversity in Canadian Society

You will explore culture and diversity in Canada and the challenges they present. You will discuss the impacts of oppression, multiculturalism, immigration, social inequalities, and social justice at both personal and professional levels. You will discuss the historical and contemporary challenges of Indigenous peoples. You will also examine tools to foster social change and diversity competencies.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): SOCI 160

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine the concepts of diversity and identity in the context of Canadian society.			
2. Examine the concepts of oppression, inequality, and race.			
3. Examine the roles of multiculturalism, religion, and gender in Canadian society.			
4. Discuss the historical and contemporary challenges of Indigenous peoples.			
5. Examine immigration to Canada.			
6. Examine ways of practicing diversity competency on personal and professional levels.			

MHA 101 - Introduction to Counselling Skills

You will begin to explore the counselling process and skill development. Key concepts include Motivational Interviewing (MI) principles, stages of change, interpersonal communication, client centered care, inter-professional communication and interviewing skills. You will examine the importance of self-awareness, cultural awareness, and Indigenous perspectives in counselling.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Demonstrate interpersonal communications.			
2. Create the foundation of trust-building skills for client-centered care.			
3. Demonstrate core skills of the counselling process.			
4. Examine Motivational Interviewing (MI).			
5. Examine Indigenous mental health and healing perspectives.			

MHA 102 - Conflict Resolution

You will examine conflict theory and conflict resolution strategies. You will apply interest-based conflict resolution techniques and cultural approaches to resolve conflict.

Credit unit(s): 3.0
Prerequisites: MHA 101
Corequisites: none
Equivalent course(s): CDEP 177

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine factors that contribute to conflict.			
2. Examine conflict theory.			
3. Examine an interest based relational approach to resolving conflict.			
4. Apply cultural approaches to conflict resolution.			
5. Apply conflict resolution and negotiation techniques.			

MHA 106 - Models of Detoxification Processes

You will examine detoxification programs, healing models, and the dynamics of relapse prevention. You will examine special considerations in withdrawal management including medical interventions, treatment processes for diverse populations, counsellor safety, and cultural considerations.

Credit unit(s): 3.0
Prerequisites: MHA 144
Corequisites: none
Equivalent course(s): CDEP 179

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine detoxification programs.			
2. Examine withdrawal management procedures.			
3. Examine withdrawal management in diverse populations.			
4. Investigate impacts of culture on detoxification and healing.			
5. Examine detoxification models of healing.			
6. Examine relapse prevention planning.			

MHA 107 - Family and the Healing Process

You will examine family systems and structures in Canada. You will examine cycles of use, inter-generational family patterns and the effects of substance use/addictions on the family. You will study the family system impacted by addictions and the roles formed. You will investigate a trauma-informed approach for working with a family, including community resources for the family.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine Canadian family systems and structures.			
2. Examine cycles of use in the family.			
3. Examine inter-generational family patterns.			
4. Examine the effects of substance use/addictions on the family.			
5. Examine roles in the addicted family system.			
6. Investigate trauma-informed approach when working with a family system impacted by addictions.			
7. Examine community resources for the family.			

MHA 143 - Concurrent Disorders

You will be provided with foundational knowledge regarding the relationship between mental health and substance use, risk factors, and treatment models for concurrent disorder clients. You will study prevalence rates of concurrent disorders. You will be introduced to the Saskatchewan Mental Health Act. You will use brief screening instruments and referral procedures.

Credit unit(s): 3.0
Prerequisites: MHA 144, MHA 149
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine the relationship between mental health and substance use disorders.			
2. Appraise the Saskatchewan Mental Health Act and its use with clients who have concurrent disorders.			
3. Describe mood disorders and substance use.			
4. Describe personality disorders and substance use.			
5. Describe anxiety disorders and substance use disorders.			
6. Describe thought disorders and substance use disorders.			
7. Describe disordered eating and substance use disorders.			
8. Use brief screening instruments and referral procedures.			
9. Present a case study of a client with a concurrent disorder.			

MHA 144 – Process and Poly-Addictions

You will explore trauma-informed care of poly-addictions. You will analyze the neurobiology of behaviour processes such as gambling, sex, and internet related addictions and their characteristics. You will also examine the trending patterns of poly-addictions.

Credit unit(s): 3.0
Prerequisites: MHA 105
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Discuss professional accountabilities for poly-addictions and behavioural processes.			
2. Examine the etiology and neurobiology of poly-addictions.			
3. Analyze gambling disorders and addictions.			
4. Analyze internet related disorders and addictions.			
5. Analyze compulsive sexual behaviour disorders and addictions.			
6. Analyze trending patterns of poly-addictions.			
7. Investigate trauma-informed care in poly-addictions.			

MHA 149 - Mental Health and Psychological Considerations

You will examine the continuum of mental wellness to mental illness. You will examine the stigma and clusters of psychological disorders. You will study medications used and client safety issues. You will examine Indigenous perspectives and trauma-informed approaches.

Credit unit(s): 3.0
Prerequisites: MHA 144
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine the continuum of mental wellness to mental illness.			
2. Examine the stigma of psychological disorders.			
3. Examine the clusters of psychological disorders.			
4. Examine medications used for psychological disorders.			
5. Examine client adherence and safety issues.			
6. Examine Indigenous perspectives of psychological disorders.			
7. Investigate trauma-informed approaches for psychological disorders.			

SEM 109 - Seminar

You will meet your cohort face-to-face to integrate theoretical concepts learned in your courses and practice essential skills. You will present on a topic of choice relevant to your professional development and further develop your counseling skills. You will learn how to recognize when someone is suicidal and assist a person at risk to avoid suicide. Upon completion, you will receive Applied Suicide Intervention Skills Training (ASIST) certification.

Credit unit(s): 2.0
Prerequisites: MHA 104, MHA 105, MHA 106, MHA 107, MHA 143, MHA 144, MHA 149
Corequisites: MHA 101(concurrent), MHA 102(concurrent)
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	<p>Competent</p>	<p>Learning</p>	<p>None</p>
1. Examine suicide.			
2. Demonstrate suicide intervention skills.			
3. Present on a professional development topic.			

MHA 109 - Trauma-Informed Practice

You will study the types, prevalence and neurobiology of trauma including the assessment of stress on individuals. You will explore intersectional considerations and individual reactions to trauma and create safety in the therapeutic relationship. You will explore and apply approaches to working with trauma survivors and analyze resilience, healing centered engagement, and post-trauma growth. You will augment a previously created self-care/stress-management plan to use in the field.

Credit unit(s): 4.0
Prerequisites: Year 1 - Semester 1, Year 1 - Semester 2
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine various types and prevalence of trauma.			
2. Assess the pandemic stress impact on individuals.			
3. Analyze the neurobiology of trauma and responses to stress.			
4. Assess attachment styles and implications for development of safety in the therapeutic relationship.			
5. Analyze resilience, post-trauma growth, wellbeing of trauma survivors and healing centered engagement.			
6. Analyze the role of self-care in the prevention of burnout, compassion fatigue and vicarious trauma.			

PRAC 131 - Allied Services Practicum

You will observe addictions professionals in practice in an allied human health service organization. You will participate in case management, the referral process, managing client's files and will consult within an inter-professional team. You will also assist clients to connect to community resources and evaluate access to mental health and addictions services in the health care system.

Credit unit(s): 5.0
Prerequisites: Year 1 - Semester 1, Year 1 - Semester 2
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Demonstrate professional practice in an allied health setting.			
2. Participate in case management.			
3. Participate in the referral process.			
4. Participate in case file management.			
5. Participate on an inter-professional team.			
6. Analyze access to mental health and addictions services in the health care system.			

PRAC 247 - Detoxification Practicum

You will integrate theory and simulated practice in a detoxification setting. You will apply knowledge and skills to contribute to the agency’s goals and activities. You will observe and engage in supervised practice activities programs, policies and expectations around detoxification models and processes. You will apply Motivational Interviewing strategies.

Credit unit(s): 5.0
Prerequisites: Year 1 - Semester 1, Year 1 - Semester 2
Corequisites: none
Equivalent course(s): WORK 250

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Demonstrate professional practice in detox setting.			
2. Complete a client intake and discharge process.			
3. Demonstrate psychoeducation.			
4. Participate in a crisis intervention.			
5. Direct client to referral resources.			
6. Assess a client withdrawal process.			
7. Apply Motivational Interviewing techniques.			

COUN 241 - Counselling Modalities

You will be introduced to various counselling approaches including person-centered, cognitive and behavioural, choice theory, post-modern and integrative modalities. You will advance your counselling approach and research the role of cultural knowledge and culture-specific techniques within each counselling approach. You will then integrate a counselling modality into a trauma-informed framework.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Integrate counselling modalities into a trauma-informed framework.			
2. Apply person-centered therapy.			
3. Apply behaviour therapy.			
4. Apply cognitive behaviour therapy (CBT).			
5. Apply post-modern counselling approaches.			
6. Integrate Indigenous perspectives into counselling approach.			
7. Apply an integrative counselling framework.			

MHA 200 - Case File Management, Screenings, and Intake Procedures

You will explore case file management, screening instruments and documentation guidelines (or standards). You will administer, score, interpret and present screening results in a simulated intake. You will practice to ethical guidelines for case file management.

Credit unit(s): 3.0
Prerequisites: Year 1 - Semester 1, Year 1 - Semester 2, Year 1 - Semester 3
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Demonstrate the intake process.			
2. Demonstrate the use of screening instruments.			
3. Conduct an intake and screening session.			
4. Manage files.			
5. Practice the ethical guidelines for case file management.			

MHA 201 - Assessments, Motivational Interviewing and Recovery Plans

You will explore the core functions of professional responsibility in relation to risk assessment and complete a simulated comprehensive assessment. You will integrate motivational interviewing to create and document a recovery/relapse plan, (which includes community resources), in a simulated environment. Culturally responsive information and themes will be incorporated into your planning. You will practice professional ethics in assessment and recovery planning when documenting.

Credit unit(s): 4.0
Prerequisites: MHA 200
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Evaluate assessment and treatment planning through a culturally responsive lens.			
2. Analyze the core functions of mental health and addictions professionals.			
3. Apply motivational interviewing techniques.			
4. Conduct a comprehensive assessment.			
5. Examine the risk assessment process.			
6. Document a risk assessment and recovery plan.			
7. Demonstrate treatment planning, including community resources.			
8. Facilitate recovery/relapse planning.			
9. Practice the ethical guidelines in documenting assessment and planning.			

MHA 202 - Individual Counselling Skills

You will examine an integrative counselling framework for mental health and addictions. You will refine your individual/interpersonal counselling skills and facilitate client self-exploration, challenge ambivalence and examine defense strategies and harm reduction strategies. You will investigate trauma-informed practice to meet the client where they are at by using an integrative counselling approach, in a simulated setting. You will also analyze the value of offering and receiving feedback on counsellor development.

Credit unit(s): 4.0
Prerequisites: MHA 101
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine an integrative counselling framework.			
2. Examine trust building and interpersonal skill development.			
3. Investigate client self-exploration in developing new perspectives.			
4. Examine psychological defense strategies.			
5. Examine the goal development process.			
6. Examine the action plan process.			
7. Investigate harm reduction strategies and relapse prevention.			
8. Investigate the integration of trauma-informed practice and an integrative counselling framework.			
9. Utilize an integrative counselling approach in a simulated setting.			
10. Analyze how the giving and receiving feedback process contributes to counsellor development.			

MHA 203 - Individual Counselling Skills Lab

This experiential course provides an opportunity to apply and practice counselling skills. You will demonstrate the counselling skills used to assess a client’s presenting issue. You will focus on building therapeutic alliance with the client. You will evaluate your own and others’ counselling skills.

Credit unit(s): 4.0
Prerequisites: MHA 202
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Demonstrate culturally sensitive counselling skills and attitude.			
2. Demonstrate client and therapist alliance in counselling.			
3. Demonstrate individual counselling skills.			
4. Evaluate self and others’ counselling skills and therapeutic alliance.			

SEM 202 - Individual Counselling Seminar

This hands-on seminar will build on your counselling skills and assist in guiding a client through the stages of an integrative counselling framework. While demonstrating motivational interviewing, you will support a client to set a goal and develop a plan of action. You will receive and offer feedback.

Credit unit(s): 4.0
Prerequisites: MHA 203
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Assist the client to develop a future vision.			
2. Demonstrate motivational interviewing skills.			
3. Facilitate an action plan with the client.			
4. Demonstrate counselling skills incorporating all stages of an integrative framework.			
5. Evaluate self and others' ability to facilitate the development of recovery goals and an action plan.			
6. Demonstrate receiving and offering feedback.			

COUN 245 - Group Facilitation

You will apply group facilitation skills and prepare the environment for a group counselling session. You will demonstrate group management, practice additional strategies to intervene with challenging behaviours, assess group progress, and facilitate and evaluate a delivered group experience.

Credit unit(s): 4.0
Prerequisites: MHA 102, MHA 206, SEM 202
Corequisites: none
Equivalent course(s): COUN 240

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Prepare a physical or online environment for a group counselling session.			
2. Assess group management and challenging group member behaviour.			
3. Apply intervention techniques in group counselling.			
4. Prepare a group experience based on theory.			
5. Integrate group facilitation skills.			
6. Facilitate a group experience based on theory.			
7. Evaluate the stages of development and group progress.			

MHA 204 - Practice Considerations for Diverse Populations

You will explore key considerations for working with clients from diverse backgrounds. You will describe the role of intersectionality and your social location as a mental health and addictions counsellor. You will examine and integrate special considerations of working with individuals from diverse populations including individuals on the gender and sexual spectrum, immigrants, refugees, or racialized individuals, youth and older adults, individuals with disabilities, people experiencing grief and loss, and clients who are mandated or involved with the criminal justice system.

Credit unit(s): 3.0
Prerequisites: SEM 202, Year 1 - Semester 1, Year 1 - Semester 2, Year 1 - Semester 3
Corequisites: none
Equivalent course(s): none

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
Learning:	I am still learning skills and knowledge to apply this outcome.			
None:	I have no knowledge or experience related to this outcome.			
1.	Examine diverse intersectional identities of clients.			
2.	Examine special considerations for clients on the gender and sexuality spectrum.			
3.	Explore special developmental considerations across the lifespan.			
4.	Examine special considerations for clients with disabilities.			
5.	Explore special considerations for immigrant, refugee, and racialized clients.			
6.	Integrate special considerations for Indigenous peoples.			
7.	Integrate special considerations for grieving clients with substance use disorders.			
8.	Integrate special considerations of clients on probation or parole with substance use disorders.			

MHA 205 - Contemporary Interventions

You will be introduced to a range of contemporary interventions and analyze the significance of mindfulness in working with clients. You will also assess the value of interventions used in the cognitive, emotional, and somatic domains. You will examine workplace, community assistance programs, and self-help and support groups and their role in treatment planning. You will examine interventions from a whole-person perspective.

Credit unit(s): 3.0
Prerequisites: none
Corequisites: MHA 204
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Synthesize the importance of mindfulness.			
2. Apply interventions in the somatic, emotional, and cognitive domains.			
3. Examine workplace and community assistance programs.			
4. Examine interventions from a whole person perspective.			
5. Assess the value of self-help and support groups.			

MHA 206 - Group Counselling

You will be introduced to group counselling theories, group dynamics, group facilitation skills and the value of group work. You will also examine the principles of group design, industry treatment models while examining professional development. You will prepare, implement, and evaluate a group counselling design project in a simulated setting.

Credit unit(s): 4.0
Prerequisites: none
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Discuss the value of group work.			
2. Examine the development of the group counsellor.			
3. Examine ethical and legal issues in group counselling.			
4. Examine group counselling theories/models.			
5. Examine the group process, stages of development and interventions when considering group design.			
6. Apply group design principles.			

MHA 207 - Community Engagement, Partnerships and Prevention Programs

You will explore community and healing centered engagement, partnerships, and programs. You will examine the process of change and mobilization in community engagement. You will analyze current/common issues and develop evidence-based strategies to improve community function.

Credit unit(s): 4.0
Prerequisites: COUN 245
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine community.			
2. Examine community partnerships.			
3. Evaluate community prevention programs.			
4. Analyze attitudes, knowledge, and skills for evidence-based practice.			
5. Analyze common problems/solutions encountered in community.			
6. Apply community development strategies and healing centered engagement.			
7. Examine community engagement, partnership, and prevention from Indigenous perspectives.			
8. Organize a mental health and/or addictions activity in the community.			

MHA 208 - Transition to Professional Practice Seminar

You will examine interdisciplinary and inter-professional practice. You will analyze your counselling style and scope of professional practice. You will also create a professional development plan and analyze professional self-care and mindfulness practices.

Credit unit(s): 3.0
Prerequisites: 4 pre-req Sem 5 courses, Year 1 - Semester 3, Year 2 - Semester 4
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine interdisciplinary and inter-professional practice.			
2. Analyze your counselling style.			
3. Analyze scope of professional practice.			
4. Create a professional development plan.			
5. Analyze professional self-care and mindfulness practices.			

PRAC 220 - Consolidated Practice Education A

You will apply interpersonal and counselling skills in a mental health and addictions practice setting. You will engage in evidence-based practice and ethical decision making while interacting with clients. You will demonstrate competence in case file management, intake process, administering and interpret screening results, assess, and design a treatment plan.

Credit unit(s): 5.0
Prerequisites: COUN 245, MHA 204, MHA 205, MHA 206, MHA 207, MHA 208
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Manage case filing and administrative tasks.			
2. Apply interpersonal and counselling skills.			
3. Demonstrate ethical and legal practice.			
4. Complete intake processes.			
5. Interpret screening instruments.			
6. Assess client's stages of change for substance use, mental health issues and addiction.			
7. Design a treatment plan.			

PRAC 221 - Consolidated Practice Education B

You will advance your professional practice and counselling skills through increased individual and group client counselling hours. Some of the specific skills you will build on include facilitating client psycho-education, intervening in crisis situations under supervision, designing a client treatment plan, completing the referral process, participating in inter-professional consultation, and demonstrating cultural sensitivity. You will also identify your professional learning goals and evaluate your current professional development plan.

Credit unit(s): 21.0
Prerequisites: PRAC 220
Corequisites: none
Equivalent course(s): none

<p>Use a checkmark (✓) to rate yourself as follows for each learning outcome</p> <p>Competent: I can apply this outcome without direction or supervision. Learning: I am still learning skills and knowledge to apply this outcome. None: I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Facilitate a client psycho-education session.			
2. Apply interpersonal and counselling skills.			
3. Conduct one on one counselling sessions.			
4. Facilitate group counselling sessions.			
5. Intervene in crisis situations.			
6. Design a client focused treatment plan.			
7. Respond to the needs of the agency.			
8. Determine professional learning goals.			
9. Complete mental health and addictions referrals.			
10. Facilitate inter-professional case consultation.			
11. Participate as part of an inter-professional team.			
12. Demonstrate cultural sensitivity.			
13. Evaluate a current professional development plan.			