

# Counseling & Mental Health



- 1 year upper level elective course for 11<sup>th</sup> and 12<sup>th</sup> grade students
- *Are you interested in becoming a counselor, therapist, psychologist, psychiatrist, or working in the field of mental healthcare? Or are you interested in learning about the brain, mental disorders, and mental healthcare? This class is for you!*
- This class covers a variety of topics:
  - Overview, prevalence, and history of mental health
  - Career and employability skills for counseling and related fields
  - Brain anatomy and nervous system functioning
  - Classification, symptoms, and diagnosis of mental health disorders
  - Theories, treatments, and good practices of mental health