North Carolina CTE

Counseling and Mental Health 2 (2025)

Understand the counseling and mental health career pathway. 1.00	1 **Understand the stigma related to mental health.** 1.01
	2 **Understand the history of mental health theories and research.** 1.02
	3 **Understand career paths, credentials, and licenses in family and consumer services.** 1.03
	4 **Understand professional behaviors, ethics, and laws in providing counseling and mental health services.** 1.04
Understand how the human brain functions. 2.00	1 **Understand how the brain and nervous system function.** 2.01
	2 **Understand how mental health affects well-being across the lifespan.** 2.02
	3 **Understand the development of emotional literacy.** 2.03
	4 **Understand effective practices for building positive mental health.** 2.04
Analyze mental health theories and treatments. 3.00	1 **Apply theories of mental health development.** 3.01
	2 **Analyze treatment options for mental health related services.** 3.02
	3 **Analyze the effect of technology on mental health research and treatment delivery.** 3.03
	4 **Analyze positive and strengths-based psychology.** 3.04
Analyze mental disorders. 4.00	1 **Understand the major classifications of mental health disorders.** 4.01
	2 **Analyze how mental health disorders are assessed and diagnosed.** 4.02
	3 **Analyze specific mental disorders and their effect across the lifespan.** 4.03
	4 **Analyze substance abuse related disorders.** 4.04
An aw	**nderstand the cycle of abuse.** 5.01

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related to teen violence. 5.00

2 Analyze the signs and effect of child abuse, domestic abuse, and dating violence. 5.02

3 Analyze the effect of bullying on adolescent development. 5.03

4 Analyze the impact of suicide on individual and family lives. 5.04