

# 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

Analyze social awareness issues

- 1 Understand the cycle of abuse. 5.01

**related to teen  
violence. 5.00**

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

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**3 Analyze the effect of bullying on adolescent development. 5.03**

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