

## Counseling and Mental Health Pacing Guide\*

*Correlates to Counseling and Mental Health Services by Goodheart-Wilcox, Copyright 2025*

	Recommended Weeks
<b>FCCLA Introduction</b>	<b>3 Weeks</b> <i>include 1.4 in this section</i>
<b>Chapter 1: Introduction to Counseling and Mental Health Services</b>	<b>2 Weeks</b>
1.1 Perspectives on Counseling and Mental Health	
1.2 The Counseling and Mental Health Career Pathway	
1.3 Competence in Counseling and Mental Health	
1.4 Leadership and Career Development	
<b>Chapter 2: Relating to Self and Others</b>	<b>4 Weeks</b>
2.1 Understanding Human Systems	
2.2 Relationship with Self	
2.3 Interpersonal Relationships	
<b>Chapter 3: Relationships</b>	<b>3 Weeks</b>
3.1 Relationship Theories	
3.2 Family Relationships	
3.3 Romantic Relationships	
<b>Chapter 4: Mental Health Throughout the Life Span</b>	<b>3 Weeks</b>
4.1 Theories in Developmental Psychology	
4.2 Mental Health Issues in Childhood and Adolescence	
4.3 Mental Health Issues in Adulthood	
<b>Chapter 5: Communities and Mental Health</b>	<b>2 Weeks</b>
5.1 Society and Culture	
5.2 Communities	
5.3 Civic Engagement and Moral Development	
<b>TESTING</b>	<b>1 Week</b>
<b>Chapter 6: The Biology of Psychology</b>	<b>2 Weeks</b>
6.1 Chemical Messenger	
6.2 The Brain	
6.3 Sensing and Perceiving	
<b>Chapter 7: Language and Learning</b>	<b>1 Week</b>
7.1 Language	
7.2 Memory	
7.3 Cognition and Motivation	
<b>Chapter 8: Neurodivergence</b>	<b>1 Week</b>
8.1 Supporting Neurodivergent Learners	
8.2 Specific Learning Disabilities and ADHD	
8.3 Autism Spectrum Disorder	
<b>Chapter 9: Mental Disorder</b>	<b>1 Week</b>
9.1 Diagnosis	
9.2 Anxiety, Obsessive-Compulsive, and Mood Disorders	
9.3 Other Disorders	
<b>Chapter 10: Treatment</b>	<b>1 Week</b>
10.1 Cognitive-Behavior Therapy	
10.2 Other Modalities	

## Counseling and Mental Health Pacing Guide\*

*Correlates to Counseling and Mental Health Services by Goodheart-Wilcox, Copyright 2025*

10.3 Specialties in Mental Health	
<b>Chapter 11: Navigating Life's Challenges</b>	<b>2 Weeks</b>
11.1 Stress and Trauma	
11.2 Death and Grief	
11.3 Coping and Substance Use Disorders	
<b>Chapter 12: Living with Integrity</b>	<b>2 Weeks</b>
12.1 Readiness for Change	
12.2 Wholehearted Living	
12.3 Positive Psychology and Wellness	
<b>Chapter 13: School and Career Counseling</b>	<b>2 Weeks</b>
13.1 Professional School Counseling	
13.2 School Counseling Skills and Techniques	
13.3 Career Development and Counseling	
<b>Chapter 14: The Helping Relationship</b>	<b>2 Weeks</b>
14.1 Professional Helping Relationships	
14.2 Helping Skills	
14.3 Managing Treatment	
<b>Chapter 15: The Business of Counseling and Mental Health</b>	<b>1 Week</b>
15.1 Mental Health System	
15.2 Management	
15.3 Marketing and Social Entrepreneurship	
<b>Chapter 16: Your Career Development</b>	<b>2 Weeks</b>
16.1 Career and Leadership Development	
16.2 Marketing Yourself	
<b>TESTING</b>	<b>1 Week</b>

\*The BBR Curriculum would correlate in various areas throughout this course.