

**Department of Counseling, School and Educational Psychology
 Tentative – Winter 2026 Non-Matric Course Schedule**

Prospective Non-Matriculating Student Information Sheet

This sheet has been prepared for students interested in taking courses in the Department of Counseling, School and Educational Psychology (CSEP) who have never been formally accepted to a program. Students interested in taking classes in CSEP on a non-matriculating basis must complete an online application for non-degree students that can be found at: <http://ed.buffalo.edu/academics/courses.html>.

In addition to the online application and \$35.00 non-refundable fee, proof of a bachelor's degree is required. Prospective students are required to obtain approval of the instructor of the desired class. Students may take up to 12 credits as a nonmatriculated student. Non-matriculating students are allowed to enroll (with instructor permission) in the courses below.

****PLEASE NOTE: If a course section has low enrollment, it will not be offered.**

Course Title	Room	Instructor	Day/Time
Psych Foundations of Educ	Remote	Shanahan	Asynchronous
Intro to Addict and Sub Abuse	Remote	Nowak	Asynchronous
Mindfulness Interventions	Remote	Guyker	Asynchronous
Grief Counseling and Issues in Grief & Loss	Remote	Wilson	Asynchronous

COURSES FOR NON-MATRICULATING STUDENTS
Winter 2026

CEP 501 – Psych Foundations of Educ – (Online)

This course is designed to engage students in the field of Educational Psychology and its contributions to classroom teaching and learning. We will explore thinking, learning, relationships, culture, background and experiences and how these relate to teaching and learning. Through lectures, discussions, and interactive exercises, we will explore the dynamic relationship between students, the teacher, and the learning environment. Discussion will focus on both theoretical models and real world applications, with emphasis on contemporary approaches to stimulating active and reflective learning and the improvement of the quality of education we provide to students.

CEP 504 – Intro to Addict and Sub Abuse – (Online)

Introduction to the field of rehabilitation counseling and its application to substance abuse and addiction. Examination of the social, psychological, and biological bases of addiction; exploration of assessment, diagnosis and treatment issues; understanding of the functional limitations substance addiction especially as they relate to work and independent living. All students complete quizzes, midterm and final examinations. Undergraduates (CEP 404) must read and critique two journal articles relevant to the course content. Graduate students (CEP 504) must write a paper on disability and substance abuse and lead selected group discussions.

CEP 566 – Mindfulness Interventions – (Online)

We will review mindful and yoga-based protocols with a focus on specific techniques and practices. The emphasis will be on the evidence-base, key mechanism of change, and specific activities that therapists and other helping professionals can use in practice. Each evidence-based protocol will be broken down into components parts to allow for a deeper understanding of how the intervention is experienced by clients (e.g. Dialectic Behavioral Therapy, Acceptance and Commitment Therapy, Mindfulness-Based Stress Reduction). Empirical evidence will be explored giving context to the practice. Coursework will include a combination of readings, discussion, and research review. We will integrate applied online lectures, online discussions, student

presentations, and active practice with journaling. Students are expected to actively practice skills, participate in class discussions and complete assignments.

CEP 616 – Grief Counseling and Issues in Grief & Loss – (Online)

Grief is the most common and painful experience known to men and women. It affects everyone and at times it affects everyone profoundly. We are born with innate ways of healing from the pain of loss, but our society extinguishes many of these coping mechanisms by adolescence. Unresolved grief is the major reason people seek counseling and a significant cause of health problems, yet it is often unrecognized as source of the problem. The purpose of this course is to discuss how you can respond in helpful and comforting ways to people who are grieving by understanding your own grief, the nature of grief and healing, and the things that seem to help people who are hurting. This course is more personal than academic, more practical than theoretical, yet focuses on the underlying scientific grieving principles to explain why some things help and other things don't. To help grieving people we need to learn a set of behaviors based on these principles. We also have to unlearn typical ways of responding to people who are hurting. The class is intended to be relatively informal and our time will be spent talking about grief, listening to some tapes, in discussion with questions and answers, and in personal discussion of some of our own experiences. We will focus on counseling grieving people, the aftermath of murder and suicide, crisis interventions in schools, suicide prevention, and the spiritual aspects of death and loss.