

Lewis and Clark College
Graduate School of Education and Counseling
Department of Counseling Psychology

**Treatment Planning and Intervention
With Children and Adolescents
CPSY 523—Fall 2005**

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Office hours by appointment—call or e-mail

Required Text:

Kazdin, A. E. & Weisz, J. R. (Eds.). (2003). Evidence-based psychotherapies for children and adolescents. New York: Guilford Press.

Two Article packets are available from the CPSY office during regular office hours.

Optional/Recommended:

American Psychiatric Association (2000). Diagnostic and statistical manual of mental disorders (4th ed. Text revision) Washington, DC: Author.

Description: Children and adolescent problems exist within family, peer, school, community and cultural contexts. An emphasis will be on developmental theory using an eco-systemic model for case conceptualization. Students will develop skills in the fundamentals of interviewing, diagnosis, case conceptualization, and treatment planning. Students will also become familiar with effective treatment strategies for the most common psychological disorders of children and adolescents.

Goals: Students will:

1. Demonstrate the ability to perform an intake/developmental history interview with parents and children in a culturally sensitive manner.
2. Generate an extensive knowledge base of current treatment protocols for common mental, emotional and behavioral disorders of children and adolescents.
3. Conceptualize cases and formulate treatment plans.
4. Demonstrate the ability to plan and implement appropriate treatment interventions for children and adolescents.
5. Identify their emerging theoretical orientation and learn to apply it in treatment planning.
6. Demonstrate in verbal and written form the ability to explain and defend their treatment plan using sound theoretical arguments and knowledge of empirical research.

COURSE REQUIREMENTS:

READINGS: Complete assigned readings on time and be prepared to ask questions, discuss material and apply the material during in-class assigned work.

INTAKE INTERVIEW FORM: In preparation for your midterm, draft an interview form for my review. Class examples will be models that you can adjust for your needs.

A PARENT(S) AND CHILD INTERVIEW will be your MIDTERM: You will conduct an intake/developmental history interview with a child and one or more parents. It will be your responsibility to find someone willing to let you practice on them. You will be provided with an informed consent form that explains that you are a student in training. You must videotape the interview with the child. You will choose a 10-minute segment of the video to show in class. You will turn in the notes you take during the interview and a formal written report.

TREATMENT PLANS: Students will be required to turn in two complete treatment plans from case examples following in-class work group assignments. A format will be provided by the instructor.

EXAMINATION: You will have one week to complete the take home final. You will generate a case example which will require a diagnosis and treatment plan and a discussion of the disorder in your example. You will come to the last class to discuss your conclusions about the best practice for your disorder of choice.

<u>Grading:</u>	<u>Points</u>
Discussion	10 points
Intake Interview Form	10 points
Midterm -Interview	40 (20 points for video/20 points for written summary)
Treatment Plans	40 (2 @ 20 points each—10 pts for conceptualization, 10 points for treatment plan)
Final	50 points
TOTAL	150 points

A = 135-150 points/%

B = 120-134 points/%

If you have any special needs, please contact me at the earliest possible time so that I may work with you to have a successful class experience.

Fall 2005 CPSY 523 -COURSE SCHEDULE
Treatment Planning and Interventions with Children and Adolescents

<u>Date</u>	<u>Topic</u>	<u>Reading</u>
9/06	Introduction—Developmental Issues, Ethics	K & W Ch. 2 Class 1 Readings
9/13	Play Therapy Theory and Interventions	Class 2.1, 2.2 Readings
9/20	Interviewing, Assessment, Case Conceptualization	Class 3.1 Readings
9/27	Internalizing Disorders – Over-controlled Emotions and Behaviors <u>Intake Interview Form Draft Due</u>	K & W Ch. 5 Class 4.1, 4.2, 4.3 Readings
10/04	Anxiety- General Anxiety Disorder, Social Phobia, Separation Anxiety Disorder	K & W Ch. 6 Class 5.1, 5.2, 5.3
10/11	Depression, Suicide, Bi-polar Disorder	K & W Ch. 8, 9, & 10 Class 6.1, 6.2, 6.3, 6.4, 6.5, 6.6, 6.7
10/18	<u>MIDTERM -Interview on VIDEO, Write up and Notes due</u>	
10/25	Eating Disorders and Obesity	K & W Ch. 20 & 21 Class 8.1, 8.2, 8.3 Readings
11/01	Externalizing Behaviors – Under-controlled Emotions and Behaviors Alcohol and Drug Use and Abuse <u>Treatment Plan One Due</u>	K & W Ch. 24 Class 9.1, 9.2, 9.3 Readings
11/08	Attention Deficit/Hyperactivity Disorder	K & W Ch. 11 Class 10.1, 10.2, 10.3, 10.4, 10.5, 10.6, 10.7 Readings
11/15	Conduct Problems <u>Treatment Plan Two Due</u>	K & W Chs. 12, 13, & 14
11/22	Anger, Aggression and Abuse	K & W Chs. 15, 16, & 17 Class 12 Readings
11/29	Autism and Asperger’s Disorder	K & W Chs. 18 & 19 Class 13.1, 13.2, 13.3
12/6	Specific Disorders: Enuresis, Encopresis, Sleep	K & W Ch. 22 Class 14.1, 14.2 Readings
12/13	FINAL EXAMINATION	

