

Graduate School of Education and Counseling
Lewis and Clark College
524 Adult Interventions
Summer 2012

Time: **Thursdays, 5:30-9:00pm, 5/10/12-8/2/12**
Location: **SCCC 107**
Instructor: Karen Hixson, M.Ed., LPC, NCC
Phone: **503 475 5996 (direct) office (503 314 6027)**
Email: khixson@lclark.edu; alternate email: karenhixson@mac.com
Office hours: By appointment

Instructor Biography: I am a Licensed Professional Counselor and have past experience as a Certified Alcohol and Drug Counselor. I received my Master's Degree in Counseling at the University of Puget Sound in Tacoma, WA in 2002. Upon moving to Portland, I provided group counseling in a corrections facility and local non-profit as a drug and alcohol counselor and mental health counselor serving outpatient and inpatient populations. Currently, I work in private practice with a focus on providing relational counseling that infuses awareness of the cultural context into my work with individual, couples, adult families and clinical supervision. I am currently enrolled in a doctoral program at Oregon State University.

As part of my doctoral work and my counselor education internship at Lewis and Clark, I may videotape portions of my classroom facilitation. I will give you plenty of notice and obtain your permission before hand. You can always withdraw permission following the taping.

Catalogue Course Description

Content: Identification, assessment, diagnosis, and treatment of mental, emotional, substance abuse, and addictive disorders in late adolescence and adulthood. Covers adjustment, mood, anxiety, psychotic, dissociative, impulse, sexual, personality, and addictive disorders, including gambling and eating disorders. Topics include multicultural, interpersonal, and relationship factors; evidence-based treatments; and information technology research tools. Emphasis is on planning comprehensive, multifaceted treatment interventions.

Learning Objectives: Students completing this course with satisfactory evaluation will be able to .

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1. Demonstrate how to use information from multiple assessment strategies to create treatment plans that are client-centered, individualized, and culturally sound. (CC: 7h, 7f, 5b, 2c, A5, C2, C4, C7)
2. Describe and explain the major elements of intervention (treatment) planning strategies. (CC: 5b, 5c, C2, C7)
3. Create basic treatment plans drawing on evidence-based treatments for depression, anxiety disorders, substance abuse, and other common presenting problems. (CC: 5b, 5c, 3c, C2, C4)

4. Describe and explain the application of core evidence-based psychosocial interventions for common problems in mental health and addictions treatment. (CC: 5b, 5c, 3c, C1, C2)
5. Construct means of evaluating client progress. (CC: 7g, 5b)
6. Find, evaluate, and present critical concepts and evidence about diagnosis and treatment of a specific clinical issue or disorder. (CC: 8e)
7. Identify and use information about the personal, social, and cultural context of a client's life to formulate client-centered treatment plans. (CC: 2c, 5b, 5c, 3c, A5, C3)
8. Describe and give examples of ways to integrate client's values, positive personal goals, religious and spiritual consciousness and commitments into treatment planning. (CC: 2c, 5b, 5c)
9. Describe, explain, and demonstrate through role plays and case planning how to use the DSM-IV system and criteria to enhance assessment and treatment planning for individual clients (CC: C5)
10. Describe, explain, and demonstrate via case studies how to choose appropriate modalities for intervention including group, family, medical, and other systems including community-based supports, and plan for short, intermediate, and long-term engagement based on client goals, needs, and resources. (CC: C3, C4, C7)

CPSY Departmental Attendance Policy: Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

Please discuss any concerns you may have about this policy or how it might affect you with me.

Academic Integrity: Academic integrity means doing authentic work for this class, work that is your own and is specifically for this class. Plagiarized work or work that has been substantially or completely prepared for other classes does not meet this standard of integrity. This includes copying verbatim or in essence treatment plans and interventions from published books on the subject. Any such materials submitted for this class will not receive credit and their submission will be considered as a possible breach of ethical standards of conduct.

Copyright Policy: Starting in Fall 2012, the university must begin enforcing more strict copyright policies. This includes the sharing, reproduction and downloading of professional articles, book chapters and other scholarly materials. These materials must follow Fair Use guidelines and otherwise need copyright permissions, which can be very expensive. While many universities have been violating these policies for years, it is a matter of professional integrity and ethics. We'll try to get started following these policies this summer which will mainly require you to access your own copy of professional and scholarly works from your computer through your own library account

and personal computer. (Rather than posting pdf's for download on Moodle or emailing copies, etc.).

MOODLE:

We will use Moodle on an as needed basis in the course. **Please enroll.** Password is "CPSY524"

REQUIRED TEXTS:

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook (Treatments That Work) [Paperback] [David H. Barlow \(Author\)](#), [Kristen K. Ellard \(Author\)](#), [Christopher P. Fairholme \(Author\)](#), [Todd J. Farchione \(Author\)](#), [Christina L. Boisseau \(Author\)](#), [Jill T. Ehrenreich May \(Author\)](#), [Laura B. Allen \(Author\)](#)

Motivational Interviewing in the Treatment of Psychological Problems (Applications of Motivational Interviewing) [Hardcover] [Hal Arkowitz PhD \(Editor\)](#), [Henny A. Westra PhD \(Editor\)](#), [William R. Miller PhD \(Editor\)](#), [Stephen Rollnick PhD \(Editor\)](#)

You may be asked to download (from your library account) additional readings in compliance with Fair Use policies for written materials.

Requirements for Credit: 200 TOTAL POINTS 180 = A 160 = B

1. Regular attendance and active participation in class sessions and workgroups. (50pts)

This includes participation in class discussions, small group discussions and assigned classroom small group activities. **STAY ON TASK in your small group activities!**

Good participation is demonstrated by the following activities:

- Ask questions, offer perspective, share ideas & reactions
- Participate in all activities to the best of your ability
- An expectation that your participation will move along a continuum that increases as you become more familiar and comfortable
- You will challenge yourself to step-up or step down as appropriate

2. Peer Review Video (50pts): Each of you will videotape an analogue session where you are demonstrating use of a module/chapter of the UP. Class time will be give for you to videotape the session. You will review your tapes in small groups and obtain feedback from your peers on your use of the UP. Guidelines and a peer feedback form will be given out.

3. Case Study and Treatment Plan (50pts): Written case study and treatment plan applying Motivational Interviewing as an intervention. Guidelines will the given out.

4. Intervention Artifact Share (50pts): You will pick a treatment intervention, protocol or manualized treatment and create an artifact that can be shared with the class. The artifact can be a one-two page outline, a case study or a treatment plan that demonstrates the basic elements of the treatment intervention. Guidelines will be given out.