

**CPSY 505-02  
Practicum in Counseling  
Fall Semester 2006**

Instructors: James Gurule, MA, LPC (503) 645-3581, ex 2310  
Sally Rasmussen, MA, LPC (503) 645-3581, ex 2314

[james@silentdragon.com](mailto:james@silentdragon.com)  
[sallyr@lifeworksnw.org](mailto:sallyr@lifeworksnw.org)

**Catalogue Description: CPSY 505 - Practicum in Counseling**

Working with clients in an agency or school setting (8-10 hours per week, 150 hours total) under intensive supervision from CPSY faculty, developing the therapeutic relationship and basic counseling competencies. Students are expected to demonstrate personal characteristics and professional conduct necessary for effective, ethical counseling. **Prerequisite:** CPSY 503, 512 or 513, 579, 580. **Credit:** 3 semester hours

**Overview:**

This class is designed to develop your skills as a mental health counselor by having you provide therapy with clients in a college counseling setting. As practitioners, you will each carry a caseload that you will be responsible for, both clinically and ethically. This means that you will provide direct counseling services to your clients and be able to maintain adequate records of your sessions. In addition, you will receive both individual and group supervision, and have ongoing opportunities to observe other classmates sessions, as well as have your sessions regularly observed by your classmates and instructors.

**Logistics:**

Our class will meet from 5:00 pm until 9:00 pm on Tuesdays, Wednesdays, and Thursdays. The first hour and a half of class will typically be instruction and supervision, where we will explore information relevant to your work as a counselor. We will cover a variety of topics, including basic counseling skills, counseling relationship development, use of therapy as a change-agent, client-appropriate goal setting, helping interventions, session management skills, and constructive and timely termination. Additional topics will include ethics, the law, multi-cultural /diversity issues in practice, the development of feedback skills and delivery, consultation with peers and instructors, and using group and individual supervision in ways that enhance the counseling relationship.

**Requirements:**

During the semester, you will be completing 40 direct service hours, consisting of individual sessions with clients and supplemented by presentations of information to psycho-educational classes here at PCC. In addition, you will receive 30 hours of group supervision, and another 15 hours of individual or triadic supervision. Other hours will be observation of classmates= therapy sessions, documentation of your clinical work, and any outside reading or homework assignments detailed by your instructor, bringing the total to 150 hours for the semester.

**Other considerations:**

Since the primary purpose of this class is the development of clinical skills, you will be evaluated on these areas at mid-term and again at the end of the semester. At that time, you will receive a recommendation for promotion or repetition of this phase of your counseling program. This class should prepare each student to then proceed to the Internship phase of your graduate program.