

CPSY 505-01-Practicum in Counseling-Fall 2012

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LEWIS AND CLARK COMMUNITY COUNSELING CENTER

Tuesday, 2pm-8pm, 9/4/2012-12/11/2012

Course Description: This class is designed to provide instruction and supervision to first semester practicum students working with clients at the Lewis and Clark Community Counseling Center. Students will receive live supervision and feedback as designated by CACREP requirements. The focus of the class will be to provide ethical and competent client care while working within the parameters of time (typically one semester), student theoretical orientation and client issues/goals. Skills that will receive particular attention will include developing a therapeutic relationship, counselor empathy and compassion. The recognition of the impact of race, culture, gender, sexual orientation and poverty as well as other societal and political influences that define the context of the therapeutic relationship will be highlighted as well. A beginning knowledge of client assessment and the development of treatment planning (including articulating the goals, objectives and interventions) will be developed. The establishment of a self-care practice and development of professional boundaries will be central as students become aware of countertransference and vicarious trauma while growing professionally as a counselor.

Catalog description: Working with clients in the practicum clinic, agency or school setting (eight to 10 hours per week, 100 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. [Up to] two semesters, 3 credit hour each required.

Please notify instructor of any special learning considerations that need to be taken into considerations as covered by the American Disabilities Act.

Required Book:

On Becoming a Better Therapist by Barry L. Duncan

Recommended:

The Gift of Therapy by Irvin D. Yalom

Clinical Pearls of Wisdom by Michael Kerman

Course Requirements: To successfully complete the clinical practicum, the student must satisfactorily complete a minimum of 100 clock-hours of counseling activities with at least 40 of these hours in direct contact with clients. This will be achieved over the course of two semesters. Students must keep approved and complete documentation of client sessions and other documentation required by the Lewis and Clark Counseling Center. Students must receive minimal 1s and no 0s on the Professional Qualities Evaluation and must perform at a satisfactory level on the Practicum Evaluation Form. Activities that can be counted toward the 100 hours may include such professional activities as consultation, coordination, supervision, documentation, case conceptualization, and research/study/learning related to counseling or client issues. In the course of completing these activities, the student will be expected to demonstrate a wide variety of counseling techniques and communication skills. At the end of the semester, the student must document the amount of time they were engaged in these activities, and submit to your instructor.

Course Objectives and Learning Outcomes:

- Practicum students will engage in a helping relationship with their clients focusing on the development of the therapeutic relationship. (CC: 5a, 5b, 5c)
- Demonstrate consistent use of micro skills which includes interviewing skills, client conceptualization and effective use of prevention/intervention strategies (CC: 7h, 5h, 5c)
- Demonstrate engaging in a therapeutic relationship based on benevolence, trustworthiness and authenticity (CC: 5a, 5b, 5c)
- Demonstrate intake interviews as well as appropriate client assessments and screening (CC: 7g)
- Demonstrate evaluation of risk factors related to client's safety and welfare as well as perpetrator of violence or abuse (CC: 7h)
- Demonstrate appropriate documentation and record keeping skills (CC: 5g)
- Utilize effective treatment planning, goal planning and termination plans (CC: 7h)
- Engage in case presentations, consultation, communication with supervisor and peers utilizing professional language (CC: 5a, 5b, 5c)
- Utilize community resources and understanding of how to access and refer, as well as consult with outside agencies as necessary (CC: 3c, 1b)
- Maintain ethical counseling standards with an ability to identify ethical issues, their evaluation, use consultation and engage in the ethical decision making process (CC: 5g, 7i)
- Maintain a protocol for self-care, identifying personal support systems, appropriate boundary management and life activities that generate overall well being. (CC: 5a)

CACREP objectives/student learning outcomes:

- II.K.1.b. professional roles, functions, and relationships with other human service providers;
- II.K.1.d. professional organizations, primarily ACA, its divisions, branches, and

- affiliates, including membership benefits, activities, services to members, and current emphases;
- II.K.1.f. public and private policy processes, including the role of the professional counselor in advocating on behalf of the profession
 - II.K.5.b. an understanding of essential interviewing and counseling skills so that the student is able to develop a therapeutic relationship, establish appropriate counseling goals, design intervention strategies, evaluate client outcome, and successfully terminate the counselor-client relationship. Studies will also facilitate student self-awareness so that the counselor-client relationship is therapeutic and the counselor maintains appropriate professional boundaries;
 - II.K.5.c. counseling theories that provide the student with a consistent model(s) to conceptualize client presentation and select appropriate counseling interventions. Student experiences should include an examination of the historical development of counseling theories, an exploration of affective, behavioral, and cognitive theories, and an opportunity to apply the theoretical material to case studies. Students will also be exposed to models of counseling that are consistent with current professional research and practice in the field so that they can begin to develop a personal model of counseling;
 - II.K.7.i. ethical and legal considerations.
- A5. the role of racial, ethnic, and cultural heritage, nationality, socioeconomic status, family structure, age, gender, sexual orientation, religious and spiritual beliefs, occupation, and physical and mental status, and equity issues in community counseling.
 - C1. typical characteristics of individuals and communities served by a variety of institutions and agencies that offer community counseling services;
 - C3. effective strategies for promoting client understanding of and access to community resources;
 - C7. application of appropriate individual, couple, family, group, and systems modalities for initiating, maintaining, and terminating counseling, including the use of crisis intervention, and brief, intermediate, and long-term approaches.

Grading:

This is a graded course. Each student will be evaluated in the areas of counseling competence including use effective use of micro skills, theoretical knowledge, self-awareness, and ethical practice. Case presentations during group supervision, case conceptualization, effectiveness of oral and written communication, as well as openness to feedback and supervision will all be considered. Evaluation methods may include (any and/or all) written work, observation, tape or audio review, case presentations, supervisor evaluations and in class participation along with timely completion of all class

assignments. Evaluation of satisfactory performance will be made by your instructor.

- The instructor will make final decisions about grading.
- Failure to complete class requirements may include a deferred grade as well as the possible enrollment in a second semester of practicum.
- Failure to complete the required number of direct service hours in a semester may result in a deferred grade with the possible enrollment in a second semester of practicum.
- Failure to follow Ethical Guidelines of the profession will require a meeting to determine the next steps for addressing the concerns.
- Occasionally personal issues or life events will make it impossible for a student to move forward in their growth as a counselor and they will be encouraged or required to take some time off for self care.

Ethical Guidelines: Students are expected to follow the ethical guidelines put forth by the American Counseling Association and to seek supervision when there is case confusion or an ethical dilemma to be resolved. Failure to follow ethical guidelines and/or non-disclosure of ethical problems and the seeking of appropriate supervision may result in dismissal from the practicum and/or counseling program. To follow ethical guidelines in relation to clients and to respect the work of our peers it is of fundamental importance that the contents of group discussion be regarded as absolutely confidential.

Attendance:

- It is essential that students attend each class session to receive credit for the required supervision and to provide reliable, ethical, and competent client care.
- Any missed classes will require make-up work including any of the following; written work including research, transcript of counseling session and professional reading with written review.
- Any “planned absences” must be discussed with and approved by the course professor at least two weeks in advance of the absence.
- In case of illness and true emergencies, please notify site supervisor, center supervisor, and your client as soon as possible.
- More than one absence a semester could result in a failure to complete the class.
- Any unexcused absences or failure to notify supervisors of absences will also result in the loss of supervision credit and counseling hours for that week as well as a meeting with the campus supervisor to determine outcome which might include receiving a failing grade for the class.
- Late to class: More than 20 minutes will require make-up work at the discretion of the professor. Please implement the necessary boundaries for leaving work or internship sites on time. Arriving late impacts the work of your classmates.

Class Expectations:

- Participate in a group discussions/case consultations
- Observe peer counseling sessions and complete a written observation form to be given to the instructor
- Complete all paperwork in a timely fashion (within one week of client session)
- You are required to type up your progress notes and intake forms
- You are not permitted to take any paperwork or identifying client information outside of the clinic
- On occasion, you may need to make phone calls to clients outside of clinic hours. In this case, you are required to block your personal telephone number using the *67 feature prior to each phone call.
- You are encouraged to fill out a weekly log that identifies how your hours were spent in the clinic. All department paperwork can be found at http://graduate.lclark.edu/departments/counseling_psychology/mental_health/masters_degrees/evaluations_forms_handbooks/ (Professional Mental Health Counseling : Evaluations, Forms and Handbooks)
- You are required to complete a Fall Semester Practicum Hours Summary and a Supervisor Evaluation for the clinic and any/all secondary practicum sites. **You will receive an incomplete in the course if you do not hand in these forms to the CPSY office (Nicole) by the last day of class. You are responsible for being informed regarding the paperwork requirements of the department and the program.**
- There will be times where you will have a different number of clients than your colleagues.
- Your practicum supervisor may join you during a counseling session to advise, consult or redirect the session with your client.
- Please discuss any questions you have about the course, client care, clinic policy or procedures with the instructor/supervisor of your course. Aside from overall clinic policy and procedure, all decisions about client care are made in consultation with the instructor/supervisor of your course.

Assignments:

1) Reading: Submit written 1-2 page summary of assigned chapter reading

2) Complete Client Feedback Project: this includes the use of the Outcome Rating Scale and Session Rating Scale Form from our textbook or an alternative outcomes form/s of your choice along with a 3 page paper documenting your experience of obtaining feedback from a client and including references from our textbook or other scholarly articles. This includes a presentation of a one 10 min video clip of your in session discussions with the client on the feedback forms.

3) Complete Final Presentation: This is a case conceptualization or countertransference assignment. The details of the assignment will be shared later in the semester.

Laptops and Cell Phones: Due the experiential nature of the class laptops may be used only when designated by the instructor. Cell phones must be silenced and text messaging is not allowed during class time. If there is an emergency you may exit the class to use your cell. Laptops and cells phones may of course be used on breaks. Please come prepared to take hand written notes. If a disability requires the use of a laptop please let the instructor know at the beginning of the semester.

Reading Schedule:

*Submit a 1-2 page summary of the chapter including relevant insights or learning.

9/11/12: Chapter One: *So You Want to be a Better Therapist*

9/18/12: Chapter Two: *Just the Facts, Ma'am...*

9/25/12: Chapter Three: *How Being Bad Can Make You Better*

10/2/12: Chapter Four: *Getting in The Zone...*

10/9/12: Chapter Five: *The Heart and Soul of Change...*

10/16/12: Chapter Six: *Wizards, Humbugs, or Witches....*

10/23/12: Chapter Seven: *For the Love of the Work...*