

**Department of Counseling Psychology Lewis & Clark College
Community Counseling Practicum CPSY 505 Summer 2010
May12th through August Wednesday 5:30-8:30 Miller 302**

Antonia Mueller LPC amueller@lclark.edu

"Your practicum/internship can be viewed as a time to build a framework of new professional relational skills on a foundation of the material you have learned in your counseling program courses, your own life experiences, and your personal values and philosophies. This framework is composed of new perspectives, understandings, abilities, and skills, added gradually and with care. Your goal is to construct a strong framework over a solid foundation, working diligently but patiently, and often standing back to take a look at the work you have accomplished so far." (Faiver, Eisengart & Colonna, 1994)

Catalogue Description

CPSY 505 Practicum in Mental Health Internships

Working with clients in an agency or school setting (eight to 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.

Corequisite: CPSY 506, 522.

Prerequisite: CPSY 503, 504, 509, 510, 512 or 513, 514 or 515, 522, 523, 524, 550.

Credit: 3 semester hours, CR/NC.

Required Text Books:

The Counselor Intern's Handbook; 3rd ed Faiver, C. Eisengart, S & Colonna, R.35

Techniques Every Counselor Should Know; Erford, B.

Course Description

This class is designed to provide weekly group supervision to practicum students while working with clients at their designated Lewis and Clark clinical sites. Students will receive supervision from this class in conjunction with weekly individual/triadic supervision from a designated qualified professional at their clinical site. The focus of the class will include developing a therapeutic relationship and the qualities of 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. The awareness and use of sound ethical decision making. The practice and use of counseling skills along with client conceptualization integrated with theoretical knowledge to enhance working effectively with clients. A beginning knowledge of client assessment, the development of treatment planning which includes articulating the goals and objectives as well as 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, vicarious trauma while growing professionally as a counselor.

Community Counseling Program Objectives

The Community Counseling program strives to prepare:

- Highly skilled & compassionate mental health professionals
- Excellent counselors/therapists
- Counselors who are effective in providing both individual and group counseling
- Counselors who are effective in diverse settings
- Counselors who emphasize the client-counselor relationship
- Counselors have a thorough understanding of mental health issues
- Counselors who utilize a developmental perspective with clients
- Professionals who are committed to equity and social justice when assisting children, adolescents and adults
- Reflective practitioners
- Ethical practitioners
- Agents of change, advocates for equity and social justice
- Creative leaders
- Lifelong learners
- Contributors to the advancement of the counseling profession

“Standards for Training Practicum Students About the Helping Relationship”

The practicum students, in either the group class or their onsite individual supervision, will fulfill understanding and practicing these areas of the helping relationship as defined by the following **CACREP Standards**.

5. **HELPING RELATIONSHIPS**—studies that provide an understanding of the counseling process in a multicultural society, including all of the following:
 - a. an orientation to wellness and prevention as desired counseling goals;
 - b. counselor characteristics and behaviors that influence helping processes;
 - c. essential interviewing and counseling skills;
 - d. counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling;
 - e. a systems perspective that provides an understanding of family and other systems theories and major models of family and related interventions;
 - f. a general framework for understanding and practicing consultation; and

- g. crisis intervention and suicide prevention models, including the use of psychological first aid strategies.

State Licensure

Successful completion of this course is necessary for fulfillment of degree requirements for any specialty areas in the Counseling Psychology Department. This course is necessary for gaining access to licensure as a professional counselor.

GRADING

This class is graded on a scale of **A, B, C, with anything below a C is a failure to complete the class.** 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. Of consideration is case presentations, case conceptualization, effectiveness of oral and written communication, as well as openness to feedback and supervision. Evaluation methods will include written work, observation, tape or audio review, transcriptions, case presentations, supervisor evaluations and in class participation along with timely completion of all class assignments. Students will be able to review the evaluation forms utilized by the site supervisor to have an understanding of that part of the evaluation criteria. There will be a minimum of one site visit as well as bi-monthly e-mail and telephone contact with your supervisor. Judgments about what constitutes satisfactory performance will be made by campus instructor in collaboration with the on-site supervisor.

- o The campus instructor will make final decisions about grading.
- o Failure to complete class requirements may include a deferred grade as well as the possible enrollment in a second semester of practicum.
- o 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.
- o Failure to follow Ethical Guidelines of the profession will require a meeting with campus supervisor to determine the next steps for addressing the concerns.
- o Sometimes a student needs more than two semesters to develop and demonstrate the requirements of a master's level counselor. 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.

Grading Scale: A 400-380 points, B 379-360 C 359- 340 Below 340 F

Course Requirements: Required hours: This fourteen week practicum experience is based on the minimum requirements of one and one half hours a week of group supervision (held on campus as a three hour class) and one hour a week of individual or triadic supervision. Students must have a minimum of **forty hours of direct client contact** and the overall practicum experience (including campus group supervision) must be at least **one**

hundred hours over the fourteen weeks. Students may obtain more direct client hours than the minimum, but are limited to no more than sixteen hours at their clinical site a week. This includes on site supervision, on site group supervision and required paperwork.

Ethical Guidelines

Students are expected to follow the ethical guidelines put forth by the American Counselor 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. It is expected that students have read and will follow the guidelines put forth in the internship manual for the Lewis and Clark Graduate School Counseling Psychology Program. Students are expected to share their process and case information as accurately and completely as possible in order to facilitate a meaningful and successful supervision opportunity. 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.**

Confidentiality and Informed Consent

Students will make their clients aware they are student interns from Lewis and Clark College under supervision. Clients should know that information about the counseling experience will be brought to a group supervision class for the purpose of training practicum students. Their names will not be used in order to keep their identity confidential. **Informed consent forms** will be used with all clients that delineate what information about them will be used (and how it will be protected), for what purpose and in what setting. Clients under the age of 14 must have the forms signed by a parent or legal guardian. This informed consent is required in addition to any forms a supervision site requires for release of confidential information. Student interns will be vigilant in keeping records and tapes secure during transportation for the purpose of keeping client information confidential.

Mandate Reporting

Students will make mandate reports in accordance with Oregon and Washington Statutes. Any questions about what constitutes a report or how to make a report should be immediately discussed with site supervisor (or phone class professor if a licensed professional is not available at the site.) Students will utilize policies and forms related to making those mandate reports as provided at their internship sites.

Attendance

- ❖ It is essential that students attend each class session to receive credit for the required campus supervision hours.
- ❖ Any missed classes will require make-up work including any of the following; written work including research, additional transcript of counseling session and professional reading with written review.
- ❖ Any “planned absences” must be discussed with and approved by the course professor and site supervisor at least two weeks in advance of the absence.
- ❖ Unplanned absences: In case of illness and true emergencies please notify site supervisor and campus supervisor 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 campus and site supervisor 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.

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 cell 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.

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

Assignments

Late assignments lose 5 points for everyday late

- o **Forms:** Students are required to print, utilize and bring necessary copies of forms required for practicum documentation. These may be found on the Lewis & Clark Community Counseling web page under: resources/forms
 - o **To be Scheduled:** At least one on site meeting with Professor and Supervisor as well as a bimonthly contact or check in between campus supervisor, site supervisor and student.
1. **Weekly Documentation of hours**, confirmation of onsite supervision and other dynamics of onsite experience to be brought to class already completed (see attached.)
5 points each X 12 weeks = **60 points**
 2. **One verbal/written case presentation:** Dates to be determined **50 points**

Outline format as follows:

1. Worldview including lifespan context, social context, racial, cultural, socio economic, gender, sexual orientation as well as elements of complex trauma and possible forensic components.
 2. Mental health history, medical history (diagnosis if known), current medications, presenting concerns.
 3. Interventions, theory, case conceptualizations, skills used, challenges, questions.
 4. Ethical decision making, including conflicts.
 5. Reflection on countertransference
 6. One research article that applies to one dimension of your clients work, articulate how this article has informed your conceptualizations about the client's issues and interventions utilized.
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3. **One Video Presentation on working with client on site (required.) 50 points**
May include intakes and assessments. An informed consent must be utilized from site or downloaded from Lewis & Clark form web page. Dates to be Determined
In a brief Outline or informal notes for presentation identify:
 1. Brief client context, including worldview context
 2. Identify skills used
 3. Describe intention, conceptualization
 4. Reflection on countertransference
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4. **Class readings and leading of discussions includes attendance 60 points**
 5. **Self Care Journal with weekly entries brought to class each week. 50 points**
 6. **Presentations of counseling techniques from required textbook. 40 points**
 7. **One 20 minute tape demonstrating micro skills using a classmate as counselee: 50 points Dates to be determined**
Tape will be transcribed and the following skills identified:
Basic attending skills, encouragers, paraphrasing, reflecting feeling, reflecting meaning, linking, challenging, goal setting, brainstorming, summarizing. Other skills that might be used, playing a hunch, metaphors, normalizing and reframing.
 8. **Due August 4th**
 1. **Reflection paper including development of your professional counselor identity: 3 pages 40 points**
Articulate professional Orientation, philosophy & identity, theoretical orientation as well as reflect on your learning and growth process in your graduate counseling program including the development the development of your professional counselor identity. Reflect on challenges and future focus for professional career.
 2. **Evaluation by on-site supervisor (3 copies)**

Due August 11th, End semester Documentation:

Bring all paperwork to final class with site supervisor signatures already completed.

3 copies Final Hours Summary "Form":

Documentation of Clinical hours (hour log)

Documentation of On-site supervision

Site Evaluation (one copy)