CPSY 505 PRACTICUM IN COUNSELING
LEWIS AND CLARK COLLEGE
Roosevelt High School
Fall 2011

Thursday 8:30-4pm
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Community Counseling Practicum Program

Catalogue Description CPSY 505
Working with clients in an agency or school setting 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.
Credit: 3 semester hours
Prerequisites: CPSY 503, 512 or 513, 579, 580.
Required: Student Liability Insurance and Criminal Background Check

Required Textbooks:
Copy of ACA Code of Ethics
van Dernoot Lipsky, Laura (2009). *Trauma Stewardship* Berret-Koehler Publisher, Inc., San Francisco, CA
Erford, Bradley T. (2010). *35 Techniques Every Counselor Should Know* Pearson Education, Inc., Upper Saddle River, NJ

General Description

The practicum program is designed to provide a beginning clinical counseling experience for Counseling Psychology graduate students. Students are assigned to a community mental health agency or school setting where they acquire training and knowledge working directly with clients from the community. During this part of their training they are closely supervised by licensed clinicians who are employed as Lewis & Clark adjunct faculty. Practicum students have been trained in basic counseling micro skills and are developing a basic understanding of client issues. Students have taken classes in: Introduction to Professional Counseling, Law and Ethics as well as Counseling Theories. It is highly recommended that students take Group Counseling concurrent with their practicum class.

Practicum Requirements

The following requirements were established by Community Counseling Program faculty and standards set forth by the Council for Accreditation of Counseling and Related Educational Programs. Students are at their practicum site for around **8-10 hours a week.**

Graduate Student Minimum Requirements per 13 Week Semester

TYPE OF ACTIVITY	HOURS REQUIRED
Direct service means face to face interaction with clients either; individually, in groups including psycho educational groups, in consultation, teaching human development skills or activities that are working with clients. Fifteen hours should be in group work.	**Total Direct Service 40 hours**
Supervision is provided by a clinically licensed Lewis and Clark Adjunct faculty. Each week students have the following scheduled supervision along with ongoing informal supervision. **Per Week: 1.5 hour** of Group supervision and **1 hours** of Individual/Triadic supervision	**Total hours Group Supervision 19.5 hours** **Total hours Individual Supervision 13 hours**
Indirect Hours includes observation, training, paperwork, assigned homework, outside reading (some of these hours could be used for additional direct service)	**Total Indirect Service 36.5 hours** **(Or additional direct client hours)**
Total Semester Hours	**110 hours**

Evaluation

The attached criteria for evaluation serve as competency guidelines and outcome assessments for the development of clinical skills and professional counselor qualities. These competencies reflect the mission and training philosophy of the Lewis and Clark Community Counseling Program and are aligned with competencies established by the Council for Accreditation in Counseling and Related Educational Programs for Community Counseling Programs. In this evaluation process, it is important to keep in mind that the Lewis and Clark Community Counseling Program frames all therapeutic work as connected to the broader project of recognizing and addressing issues of social

justice. This means that factors such as the following are acknowledged as essential in considering how the forces of power and oppression impact the well-being of each individual and the relationships in their lives: physical ability, culture, race/ethnicity, social and political forces, socioeconomic status, exile/migration, religious and spiritual beliefs, language, education, gender and sexual orientation and age.

Students will be evaluated using these competency guidelines and outcome assessments mid way through their practicum as well as at the completion. Students are advised to use these evaluations for learning competencies guidelines through out their training. The evaluations are used to generate a dialogue between student and supervisor about the student's training and professional growth. If students are not making adequate progress in their practicum work the adjunct faculty will first discuss this with the student and if needed, notify the student's advisor as well as the practicum coordinator to devise a plan for student support. **(See attached evaluations.)**

Course Grading and Evaluation

Class is graded as credit/no credit. Students will be introduced to evaluation criteria at the beginning of practicum with evaluations completed mid term and at the finish of class. Evaluations include the student's openness to supervision, counseling competence, self awareness and ethical considerations. Inability to perform at the expected level of competency requires a meeting with class instructor and practicum coordinator. The outcome of this meeting might result in one or more of the following: additional requirements, retaking the class or meeting with a committee of faculty members to determine other outcomes. Upon the completing of the class each student will write a brief reflection paper with a description of strengths and further areas of desired growth. Part of this final evaluation will include a formal readiness to move forward determination. Failure to complete the required number of direct hours may result in a deferred grade.

Ethical Standards of Behavior

All students will follow the Ethical Guidelines as set forth by the American Counselors Association. Students are expected to abide by all college rules as well as follow the statutes of both Oregon and Washington pertaining to professional counseling practice. Students, under supervision, will be expected to make mandated reports. Students will behave in a manner that reflects the integrity of the role of a professional of counselor. Students who violate the laws of the state or ethical practices will be removed from a site. A committee of faculty members, including the student's advisor, will be formed to address the student's situation and recommend possible outcomes.

Course Objectives

The following course objectives are informed by the guidelines and objectives set forth by the Council for Accreditation of Counseling and Related Educational Programs for a practicum class.

- Practicum students will engage in a helping relationship with their clients focusing on the development of the therapeutic relationship.

- Demonstrate consistent use of micro skills which includes interviewing skills, client conceptualization and effective use of prevention/intervention strategies

- Demonstrate engaging in a therapeutic relationship based on benevolence, trustworthiness and authenticity

- Demonstrate intake interviews as well as appropriate client assessments and screening

- Demonstrate evaluation of risk factors related to client's safety and welfare as well as perpetrator of violence or abuse

- Demonstrate appropriate documentation and record keeping skills

- Utilize effective treatment planning, goal planning and termination plans

- Engage in case presentations, consultation, communication with supervisor and peers utilizing professional language

- Utilize community resources and understanding of how to access and refer, as well as consult with outside agencies as necessary

- Maintain ethical counseling standards with an ability to identify ethical issues, their evaluation, use consultation and engage in the ethical decision making process

- Maintain a protocol for self-care, identifying personal support systems, appropriate boundary management and life activities that generate overall well being.

Course Requirements
Full participation is expected in all aspects of the practicum experience which includes, direct client contact, group and individual supervision, continued development of counseling skills, outside research or reading related to client issues as well as required reading as outlined in class schedule. Students will participate in their evaluation process mid term and final as well as the writing of a short reflection paper for their final evaluation that reflects on their growth and future focus of professional counselor development.

Taping
Students will be provided the opportunity for audio/video taping and/or live supervision. It is required that at least one taped recording of the student working with

a client be made during the semester. An alternative to this is a transcribed audio tape as well as live supervision observed by the adjunct faculty.

Course Attendance
Absence requires notification to instructor (2 weeks in advance if known especially if missing a scheduled client session.) Missing more than 4 hours requires additional assignments. Missing more than 8 hours is a possible failure to complete practicum. This will be determined by the instructor in consultation with Lewis and Clark practicum coordinator. Unexcused absences will result in a loss of supervision credit and counseling hours for that week. Unexcused absences will require a letter of explanation submitted to the instructor.

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.

Final Paperwork:
To complete the class students must submit copies of their evaluations, a signed *Readiness to Move Forward* document which includes written objectives for future work as well as the practicum evaluation form to Marsha White in the office of Practicum/Internship Administration.

Americans with Disability Act
Any student who because of a disability requires some special arrangements in order to meet course requirements should contact the professor as soon as possible to make necessary accommodations.