Syllabus

Counseling Interventions for Adults
Counseling Psychology 524
Spring, 2012

Instructor:  Gordon Lindbloom
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Office Hours
Monday 3: 00 – 5:00
Thursday  2:00-4:00
By Appointment
Telephone appointments are preferred when they prevent extra trips to campus

Please Note: The office staff keeps my appointment schedule so that everyone has regular and equal access to scheduling appointments. Please contact the office at (503) 768-6060, between 9:00 and 5:30, to schedule regular appointments. If my office hours do not work for you, leave a message with the office staff about times you can come in or have a scheduled telephone appointment and I will do my best to work out a satisfactory way for us to have the discussion you need.

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 . . .

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)

**Requirements for Credit:**

Regular attendance and active participation in class sessions and workgroups.*

Complete individual and group treatment planning exercises as assigned.

Complete one individual review of best practices in working with a client problem which is not a major focus of attention in the regular class sessions. (A guide will be provided.)

Complete an experimental personal change intervention project. (A guide will be provided.)

Complete mid-term exams with satisfactory scores.

**Evaluation Criteria:**

Mid term exams 50% of grade

These exams will use multiple forms of questions. Points will be assigned for correct answers in each type of question. Total points will be placed on a curve and grades
will be assigned based on general levels of exceptional mastery, competent mastery, minimal mastery, and insufficient mastery.

Personal Change Project 20%
Best Practices Report 20% of grade
Attendance, Participation and Group Work 10% of grade

Grades
A Exceptional
B Competent and Sound
C Minimal Competence
D Insufficient evidence of minimum mastery
F Failure to demonstrate learning

Notes on attendance and participation.

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.

Class sessions will emphasize active participation with substantial time devoted to working on cases. The time devoted to instructor presentations going over basic concepts and information from the readings will be limited. Questions and discussion are always encouraged. In addition to the readings PowerPoint outlines will be provided that integrate information in ways the readings do not. We will practice basic intervention skills by role-playing and will observe and evaluate video demonstrations of best strategies for helping people change. The readings and outlines are not extensive but do require thoughtful attention. Come to class prepared.

Academic Integrity

Academic integrity means doing authentic work for this class, work that is your own and is specifically for this class. Plagarized 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.

MOODLE

Most of you are at least minimally familiar with Moodle, the online learning system now in use at Lewis and Clark and the Grad School. I will be posting the syllabus, the course schedule, readings, learning materials and handouts, and possibly some activities for you to pursue between classes. The access code (enrollment key) will be given at the beginning of the term.

If you do not have the computer capabilities to access Moodle on the Lewis and Clark website, please notify me. Also, if you cannot download and read documents in MSWord, PowerPoint, or Adobe Acrobat/pdf. Format, please let me know as well. Text documents will be posted in MSWord, *.docx format, or *.doc (compatibility) format. If your computer software does not accept the *.docx format, you can download a small translator program that will make this possible. Go to the Information Technology Web page on the Lewis and Clark website, go to software downloads, and choose the MSWord XML converter.

The use of Moodle for this course is experimental. If you have trouble with Moodle or cannot access it I will see that all information and materials are available by other means. That said, students were enthusiastic last year about having course materials available on Moodle. Keep me informed of your benefits and any difficulties you have so we can make this work for us.

Use of laptop and notebook computers in class

Limited use of laptops and notebooks is acceptable and may be helpful. Appropriate uses include taking notes on the class discussions and presentations, checking online information on the Lewis and Clark website for this class, and looking up information as suggested or agreed by the student and instructor on that specific occasions. In appropriate uses include doing e-mail, browsing the web, working on assignments for other classes, playing games.

Please keep your laptop or notebook closed or down unless you are using it for the beneficial purposes mentioned above. When it is open and you are looking at it, other class members and the instructors experience you as pursuing personal matters, not being present, attentive and engaged in the activities and issues of this current class. Your obvious inattention for more than brief times communicates disinterest and disregard for the people present in the class and for shared discussion and concerns.

Cell Phones
Please turn off your cell phone when class is in session unless you have extenuating reasons (e.g. a sick child at home) and need to be able to respond to calls.

**Texts:**


Other readings as assigned and provided in class or online.

**Bibliography**


Valesquez, M. M. e. a. (2001?). *Group Treatment for Substance Abuse*. 


