

Lewis and Clark College
Graduate School of Education and Counseling
Department of Counseling Psychology

CPSY 582/583
Mental Health Internship
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Office hours Monday 2-4, Tuesday 2-3, Thurs 10-11 Please call office for appt.
Other hours available to students in course by request

Course Readings:

In addition to the topics I have determined, during the first course meeting, students will generate a list of topics they feel they need in supervision. Readings will be assigned throughout the semester. Students may also be assigned to research a topic and provide a summary and overview of a relevant article(s) *based on your clients issues/needs* that arise during the semester. When students are assigned to research a topic they are expected to:

- 1) Conduct a literature search using a relevant database (e.g. PsychInfo, Eric) and review your materials from prior courses.
- 2) Find one or two general review articles or book chapters on the topic
- 3) Provide a brief (max 10 minute) presentation summary to the class
- 4) Internet resources may NOT be substituted for professional peer reviewed articles; however, you may supplement your article with them.

Course Description:

This course is designed to provide group supervision to students in their mental health internship placement. This format is designed to provide students with experiences in addition to the on-site supervision each student will receive. The class will use a developmental model to focus on counselor growth in competence (skills, techniques), purpose and direction (goal setting, direction in counseling), theoretical identity (application of theory), ethics, respect for individual differences and diversity, and counselor self awareness, sense of personal motivation, and development of appropriate autonomy.

Class activities will primarily be organized to provide time in each class period for case review, student presentations, supervision focused on above model, consultation with peers, and discussion of readings. As part of this process students will develop an understanding of the role of supervision for counselors in order to learn to become active participants in their personal and professional growth. In order for supervision to be effective and useful for the supervisee (student), a working alliance between supervisors (on campus and on site) and supervisees is vital to the process.

Class discussion will provide each supervisee with support, critical feedback, and treatment suggestions and recommendations. Coordination will occur between the supervisors. Students are expected to provide information as accurately and completely to both supervisors in order to

facilitate this process. Additionally, the discussion addresses topics concerning transference and counter-transference issues, personal concerns, and interpersonal communication. IT IS OF FUNDAMENTAL IMPORTANCE THAT THE CONTENTS OF GROUP DISCUSSIONS BE REGARDED AS STRICTLY CONFIDENTIAL.

It is intended that mental health interns will complete the internship prepared for entry into the professional community with the skills necessary to provide competent and effective treatment services.

Course Requirements:

1) Attendance and active participation are ESSENTIAL. More than ONE absence from class per semester may result in a grade of “no credit.” Please call me in advance if you have any problems preventing you from attending class. Missed classes will require SIGNIFICANT makeup work which may include any or all of the following: meeting with me to make up time missed, written work, or additional documentation of supervision in a group setting on-site.

Active participation is defined as bringing video or audiotapes of sessions to class for case review on a regular basis, offering feedback to others in an appropriate manner, participation in class discussions, and presentation of articles as assigned.

2) Students are expected to meet all requirements for the program and internship as outlined in the Counseling Psychology Student Handbook, Internship Handbook, and Internship Contract. This includes receiving satisfactory ratings on the evaluation form from the on-site supervisor.

3) Students are expected to understand and follow ethical guidelines, and to seek supervision when there is confusion or an ethical dilemma to be resolved. The student must inform both the on-site supervisor and the faculty supervisor in the event that an ethical error is made. Failure to follow ethical guidelines and/or non-disclosure of ethical errors and seeking of appropriate supervision may result in dismissal from the internship and/or counseling psychology program.

4) Complete course readings as noted above.

5) Students are expected to do one formal videotaped, transcribed, case presentation (also see #5 below). Second semester students should be prepared to discuss the theory behind their conceptualization of the case and choice of treatment goals. Dates will be scheduled for each student.

6) Students are expected to turn in two case conceptualization summaries with treatment plan. Details on format will be provided. One of these case conceptualization summaries will be the same case you present for your videotape. While this may sound daunting, each summary will be between 2-3 pages. Essentially you will be putting in writing cases as you have learned to discuss them in class. **Due March 3 & April 14**

7) Students are expected to write a 1 page (2 page maximum) summary of their learning experiences, strengths, and areas for growth (goals) for your second semester of internship or (for second semester students) during your first year as a counselor. This assignment will also contain a ONE PARAGRAPH summary of your theoretical orientation. **Due April 21**

- 8) Complete the supervision CARE form each week.
- 9) Other assignments may be required as needed for optimal student development.

Documentation required by semester end:

Evaluation by the on-site supervisor

Self-evaluation AND same form that supervisor completes

Spring hours summary sheet

Site evaluation (your evaluation of the site)

Detailed hours summary sheets

If finished by the end of April – Final hours sheet (Fall/Spring added together)

If continuing after April 25 – You will complete a Summer hours sheet and Final sheet that totals Fall/Spring/Summer

Grading: Although this class is graded on the basis of credit/no credit, completion of all requirements at a satisfactory level of competence is necessary to obtain credit. Each student will be evaluated in the areas of counseling competence, self-awareness, theoretical knowledge, integration and application, ethical considerations, effectiveness of oral and written communication, and openness to feedback/supervision. Judgments about what constitutes satisfactory performance will be made by the campus instructor in collaboration with the on-site supervisor. Final decisions will be made by the campus instructor.

Evaluation methods include written work, observation, tape review, and in class participation. I will visit you at your site and meet with your supervisor at minimum one time during the semester. I will also have telephone contact with the supervisor as needed.

All students will receive a Credit grade at the end of each semester if all requirements of the internship are met. Completion of the required number of hours is only one of the minimum standards. Students must also demonstrate the appropriate growth and skills as outlined above and in the Internship Manual and Contract. Sometimes students need more than two semesters to develop and demonstrate the requirements of a master's level counselor. Also, occasionally a student will have personal issues or life events that make it impossible to develop as a counselor, and the student will be encouraged or required to take time off for self-care. In the event that the internship needs to be interrupted or discontinued, a plan will be developed in conjunction with the instructor, on-site supervisor, and other faculty members in the department.

Americans with Disabilities Act

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

Class Schedule:

Jan 7

Jan 14 – Class prep: Read supervision article.

Jan 21– MLK Holiday

Jan 28 – Introduction: Ecosystemic Conceptualization

Feb 4

Feb 11

Feb 18

Feb 25

March 3 – Conceptualization due

March 10

March 17

March 24 – Spring Break

March 31

April 7

April 14– Conceptualization due

April 21 – Summary and Goals including theoretical orientation due

April 28 – Last class, transition to summer supervision

Supervision CARE Note (continue on back for each section if necessary)

Student name: _____ Date of Supervision: __

Clients (List all current clients/groups, presenting problem/dx, # of visits, & possible risk factors):

Analysis/reflection (Synopsis of cases/issues discussed this session, what I learned, was it helpful):

Recommendations from supervisor:

Ethical Issues (List any relevant or possible ethical issues regarding clients, supervision, or the site):