CPSY 505-02
Practicum in Counseling
Fall Semester 2006

Instructors: James Gurule, MA, LPC  (503) 645-3581, ex 2310  james@silentdragon.com
Sally Rasmussen, MA, LPC       (503) 645-3581, ex 2314  sallyr@lifeworksnw.org

Catalogue Description: CPSY 505 - Practicum in Counseling

Working with clients in an agency or school setting (8-10 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. Prerequisite: CPSY 503, 512 or
513, 579, 580. Credit: 3 semester hours

Overview:

This class is designed to develop your skills as a mental health counselor by having you provide
therapy with clients in a college counseling setting. As practitioners, you will each carry a
caseload that you will be responsible for, both clinically and ethically. This means that you will
provide direct counseling services to your clients and be able to maintain adequate records of your
sessions. In addition, you will receive both individual and group supervision, and have ongoing
opportunities to observe other classmates sessions, as well as have your sessions regularly
observed by your classmates and instructors.

Logistics:

Our class will meet from 5:00 pm until 9:00 pm on Tuesdays, Wednesdays, and Thursdays. The
first hour and a half of class will typically be instruction and supervision, where we will explore
information relevant to your work as a counselor. We will cover a variety of topics, including basic
counseling skills, counseling relationship development, use of therapy as a change-agent, client-
appropriate goal setting, helping interventions, session management skills, and constructive and
timely termination. Additional topics will include ethics, the law, multi-cultural/diversity issues in
practice, the development of feedback skills and delivery, consultation with peers and instructors,
and using group and individual supervision in ways that enhance the counseling relationship.

Requirements:

During the semester, you will be completing 40 direct service hours, consisting of individual
sessions with clients and supplemented by presentations of information to psycho-educational
classes here at PCC. In addition, you will receive 30 hours of group supervision, and another 15
hours of individual or triadic supervision. Other hours will be observation of classmates – therapy
sessions, documentation of your clinical work, and any outside reading or homework assignments
detailed by your instructor, bringing the total to 150 hours for the semester.

Other considerations:

Since the primary purpose of this class is the development of clinical skills, you will be evaluated
on these areas at Mid-term® and again at the end of the semester. At that time, you will receive
a recommendation for promotion or repetition of this phase of your counseling program. This class
should prepare each student to then proceed to the Internship phase of your graduate program.