

# Community Counseling Practicum Counseling Psychology 505 Summer 2009

May 12<sup>th</sup>-August 18<sup>th</sup> Tuesdays 5:30-8:30 Rogers Hall 218

Margaret Eichler PhD LPC NCC ACS [meichler@lclark.edu](mailto:meichler@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 Counseling

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; 3<sup>rd</sup> 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 supervision from a designated qualified professional at their clinical site. The focus of the class will be on the integration of theoretical knowledge, counseling skills and other academic training as related to the experience and practice of working effectively with clients while growing professionally as a counselor. Trainees will work on developing their client conceptualization skills and understanding their practicum site procedures and culture. It is intended that

counselor trainees will complete their practicum prepared for entry into the internship level of clinical work with the skills necessary to continue to provide competent and effective treatment services.

## **Class Discussions**

Class discussions will create an opportunity for each student within a collaborative classroom environment to receive feedback, guidance and support from the instructor as well as classmates. While focused on the client concerns, the discussions will include; theory exploration, personal concerns, transference and counter transference issues as well as interpersonal communication. Ongoing attention will be given to intern self-awareness and especially a practice of self-care. Through these experiences of reflecting on strengths and challenges students will learn to use and value direction, feedback and consultation as a springboard for ongoing professional case consultation and development.

## **Course objectives:**

### **Students completing practicum will be able to**

- ❖ Engage in a helping relationship with their clients focusing on the development of the therapeutic relationship. (CC: 5a, 5b, 5c)
- ❖ Demonstrate consistent use of micro skills which includes interviewing skills, client conceptualization and effective use of prevention/intervention strategies (CC: 7h, 5h, 5c)
- ❖ Demonstrate engaging in a therapeutic relationship based on benevolence, trustworthiness and authenticity (CC: 5a, 5b, 5c)
- ❖ Demonstrate intake interviews as well as appropriate client assessments and screening (CC: 7g, A5)
- ❖ Demonstrate evaluation of risk factors related to client's safety and welfare as well as perpetrator of violence or abuse (CC: 7h, C1)
- ❖ Demonstrate appropriate documentation and record keeping skills (CC: 5g)
- ❖ Utilize effective treatment planning, goal planning and termination plans (CC: 7h, C7)
- ❖ Engage in case presentations, consultation, communication with supervisor and peers utilizing professional language (CC: 5a, 5b, 5c)
- ❖ Utilize community resources and understanding of how to access and refer, as well as consult with outside agencies as necessary (CC: 3c, 1b, A5, C1, C3,)
- ❖ Maintain ethical counseling standards with an ability to identify ethical issues, their evaluation, use consultation and engage in the ethical decision making process (CC: 5g, 7i)

- ❖ Maintain a protocol for self-care, identifying personal support systems, appropriate boundary management and life activities that generate overall well being. (CC: 5a)

## **Class Expectations and Requirements**

### **Weekly Format for 3 Hour Supervision Class**

20 min

Check-in-verbal including self-care

Fill out brief form (Attached) documenting completed hours to date & confirmation of the past weeks on-site individual supervision as well a written alert of any special concerns.

30 min

Weekly small group collaborative supervision

30 min

All group supervision and high priority feedback

15 min

\*Theory Articulation

20 min

\*Counseling technique presentation

45 min

\*Presentations

Written response and notes for the presenting classmate will be collected after the presentation and given to the presenter

\*indicates a sign-up sheet will be created

## **Assignments**

**Weekly Documentation of hours and confirmation of on site supervision.**

### **Due June 10th**

Worldview Cards - create 18 cards (3x5) that are labeled with one important dimension of a person's world view. One side-decorate- and list dimension, on the other side briefly sum up with a few key words descriptors of that domain for you.

### **Theories Articulation Sign-up Sheet**

Theory Articulation with class feedback to include:

Theories that resonant with your counseling philosophy, what informs your work with clients, and theories you would like to infuse into your work or pursue learning about

### **Skill Presentation (from text) sign-up**

Each student will do a 3-5 minute verbal presentation on 3 different skills from text.

### **Due August 5<sup>th</sup>**

Readings , (journal articles, books, web page, trainings) related to client issues (create bibliography list of these professional resources) These can also include future readings. This will be compiled and shared with classmates. (At least 10 entries)

### **One verbal/written presentation sign-up**

Written format as follows:

1. Worldview, Lifespan, social context, racial, cultural, socio economic, gender,
2. Mental health history, medical history (diagnosis if known), current medications, presenting concerns,
3. Interventions, theory, case conceptualizations, skills used, challenges, questions

### **One Video with audio Transcription sign-up**

- 1 transcription of a 20 minute counseling session with a client including;
  1. Label client statements and counselor response
  2. Identify skill used for response
  3. Describe intention, conceptualization
  4. Include another version of a response if needed

### **Due August 12<sup>th</sup>**

#### **Reflection paper including development of your professional counselor identity 3 pages**

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.

### **To be Scheduled**

#### **One on site meeting with Professor and Supervisor**

### **End semester Documentation: Due August 19<sup>th</sup>**

Bring all paperwork to final class with site supervisor signatures already completed.  
Documentation of Clinical hours  
Documentation of On-site supervision  
Final Hours Summary Form  
Evaluation by on-site supervisor (written format to be provided)

### **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. **More than one absence a semester could result in a grade of "no credit."** Please call me and let me know in advance if you are unable to attend class. 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. **Any unexcused absences will also result in the loss of supervision credit and counseling hours for that week.**

**Late to class:** More than 15 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.

**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.**

## Grading

This class is graded on a credit/no credit basis; completion of all assignments and requirements at a satisfactory level of competence is necessary to obtain credit. 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, and openness to feedback/consultation. Evaluation methods will include written work, observation, tape or audio review, case presentations, supervisor evaluations and in class participation. Students will be able to review the evaluation forms utilized by the site supervisor so as to have an understanding of that part of the evaluation criteria. There will be

a site visit your first semester and also 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. The campus instructor will make final decisions about the earning of credit. Failure to complete the required number of direct service hours in a semester may result in a deferred grade.

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.

### **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.

### **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 cells 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.**