

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

Mental Health Counseling & Mental Health – Addictions Counseling Internship: Adult Focus  
MHC & MHC-A 582-05  
Rogers Hall 417, Wednesdays 1:00-4:15pm  
September 9, 2015 – December 16, 2015

Cort Dorn-Medeiros, PhD, LPC, CADC III  
Rogers Hall 427  
Office Phone: 503-768-6147  
[dorn-medeiros@lclark.edu](mailto:dorn-medeiros@lclark.edu)

Office Hours: Please call or e-mail to schedule an appointment.

### **Required Readings:**

- Ratts, M., Singh, A., Nassar-McMillan, S., Butler, S.K., & McCullough, J. (2015). *Multicultural and Social Justice Counseling Competencies*. The American Counseling Association. Available for free download: <http://www.counseling.org/docs/default-source/competencies/multicultural-and-social-justice-counseling-competencies.pdf?sfvrsn=20>
- Safran, J. (1993). Breaches in the therapeutic alliance: An area for negotiating authentic relatedness. *Psychotherapy*, 30(1), 11-24. Available for free download via <http://www.safranlab.net>
- Safran, J. & Kraus, J. (2014). Alliance ruptures, impasses, and enactments: A relationship perspective. *Psychotherapy*, 51(3), 381-387. Available for free download via <http://www.safranlab.net>
- Safran, J., Muran, C., Samstag, L., & Stevens, C. (2002). Repairing Alliance Ruptures. In J.C. Norcross (Ed.), *Psychotherapy Relationships That Work*. 235-254. New York: Oxford University Press. Available for free download via <http://www.safranlab.net>

### **Optional Readings:**

- Miller, W. & Rollnick, S. (2012). *Motivational Interviewing: Helping People Change*, 3<sup>rd</sup> Edition. Guilford Press.

### **Moodle:**

Other readings are available on Moodle, the Lewis & Clark online course program. Log on to [moodle.lclark.edu](http://moodle.lclark.edu) (note there is no www.), sign in using your L & C login (same as email). Use course enrollment code provided in class or by email. If you have ANY trouble with Moodle, contact the Helpdesk at 503-768-7225, [consult@lclark.edu](mailto:consult@lclark.edu) or Maia Penchansky [maiap@lclark.edu](mailto:maiap@lclark.edu) or 503 – 768-6195.

**Ethical Guidelines:**

Students will obtain and bring a current copy of the ACA Ethical Guidelines to class.

**Catalog Description:**

Internship in a community setting. Participants engage in counseling and related professional activities under supervision. Students write reports, prepare case histories, and submit work samples for supervisory review.

**Required Objectives:**

Professional Identity Standards (CACREP 2009 Standards)

- 1d. Self-care strategies appropriate to the counselor role;
- 1i. advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients; and
- 1j. ethical standards of professional organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling
- 2d. individual, couple, family, group, and community strategies for working with and advocating for diverse populations, including multicultural competencies;
- 2f. counselors' roles in eliminating biases, prejudices, and processes
- 5a. an orientation to wellness and prevention as desired counseling goals;
- 5b. counselor characteristics and behaviors that influence helping processes;
- 5c. essential interviewing and counseling skills;
- 5e. a systems perspective that provides an understanding of family and other systems theories and major models of family and related interventions;
- 5f. a general framework for understanding and practicing consultation; and
- 5g. crisis intervention and suicide prevention models, including the use of psychological first aid strategies.
- 6d. group counseling methods, including group counselor orientations and behaviors, appropriate selection criteria and methods, and methods of evaluation of effectiveness; and
- 7f. social and cultural factors related to the assessment and evaluation of individuals, groups, and specific populations; and
- 7g. ethical strategies for selecting, administering, and interpreting assessment and evaluation instruments and techniques in counseling.
- 8e. the use of research to inform evidence-based practice

Clinical Mental Health Standards (CACREP 2009 Standards)

- A2. Understands ethical and legal considerations specifically related to the practice of clinical mental health counseling. (2001-A4)

- A3. Understands the roles and functions of clinical mental health counselors in various practice settings and the importance of relationships between counselors and other professionals, including interdisciplinary treatment teams. (2001-b1)
- A6. Recognizes the potential for substance use disorders to mimic and coexist with a variety of medical and psychological disorders.
- B1. Demonstrates the ability to apply and adhere to ethical and legal standards in clinical mental health counseling.
- D1. Uses the principles and practices of diagnosis, treatment, referral, and prevention of mental and emotional disorders to initiate, maintain, and terminate counseling.
- D2. Applies multicultural competencies to clinical mental health counseling involving case conceptualization, diagnosis, treatment, referral, and prevention of mental and emotional disorders.
- D3. Promotes optimal human development, wellness, and mental health through prevention, education, and advocacy activities
- D4. Applies effective strategies to promote client understanding of and access to a variety of community resources.
- D5. Demonstrates appropriate use of culturally responsive individual, couple, family, group, and systems modalities for initiating, maintaining, and terminating counseling
- D6. Demonstrates the ability to use procedures for assessing and managing suicide risk.
- D7. Applies current record-keeping standards related to clinical mental health counseling.
- D8. Provides appropriate counseling strategies when working with clients with addiction and co-occurring disorders.
- D9. Demonstrates the ability to recognize his or her own limitations as a clinical mental health counselor and to seek supervision or refer clients when appropriate.
- F1. Maintains information regarding community resources to make appropriate referrals.
- F2. Advocates for policies, programs, and services that are equitable and responsive to the unique needs of clients.
- F3. Demonstrates the ability to modify counseling systems, theories, techniques, and interventions to make them culturally appropriate for diverse populations.
- H2. Demonstrates skill in conducting an intake interview, a mental status evaluation, a biopsychosocial history, a mental health history, and a psychological assessment for treatment planning and caseload management.
- H3. Screens for addiction, aggression, and danger to self and/or others, as well as co-occurring mental disorders.
- H4. Applies the assessment of a client's stage of dependence, change, or recovery to determine the appropriate treatment modality and placement criteria within the continuum of care.
- J1. Applies relevant research findings to inform the practice of clinical mental health counseling.
- J2. Develops measurable outcomes for clinical mental health counseling programs, interventions, and treatments.
- J3. Analyzes and uses data to increase the effectiveness of clinical mental health counseling interventions and programs.
- L1. Demonstrates appropriate use of diagnostic tools, including the current edition of the DSM, to describe the symptoms and clinical presentation of clients with mental and emotional impairments.

L2. Is able to conceptualize an accurate multi-axial diagnosis of disorders presented by a client and discuss the differential diagnosis with collaborating professionals.

L3. Differentiates between diagnosis and developmentally appropriate reactions during crises, disasters, and other trauma-causing events.

**Key Required Assignments/Student Learning Outcomes**

These assignments are required for the course, but will not be the only requirements/expectations. The chart below lists the assignment, method of submission, and benchmark score/grade. These assignments are set up for upload to Taskstream and/or instructor provides rating for assignment. See syllabus for details.

<b>Theory and Research into Practice</b>		<b>Proficient (A)</b>	<b>Benchmark (B)</b>	<b>Emerging (C)</b>	<b>Inadequate/Fail</b>	<b>As evidenced by:</b>	<b>Evaluation and Remediation</b>
<b>Goal 2 of 6 Human Development</b>							
Demonstrates an understanding of individual and family development	Internship	Highly skilled at identifying the impact individual and family development has on the therapeutic process.:Score: 3	Understands the impact of a person’s individual and family development on the therapeutic process: Score 2	Is aware of the impact of a person’s individual and family development on the therapeutic process Score: 1	Is unable to apply developmental theory with clients Score:0	Internship Evaluation Item 52	Internship Instructor Review/Referral to BRC or ARC

<b>Theory and Research into Practice</b>		<b>Proficient (A)</b>	<b>Benchmark (B)</b>	<b>Emerging (C)</b>	<b>Inadequate/Fail</b>	<b>As evidenced by:</b>	<b>Evaluation and Remediation</b>
<b>Goal 3 of 6</b>							
Understands and applies diagnosis	Internship	Uses DSM to diagnose clients, integrates into treatment plan, does not rely only on diagnosis for treatment plan Score:3	Uses DSM to diagnose clients, integrates into treatment plan Score: 2	Unable to diagnose clients, inappropriately applies diagnosis Score: 1	Inappropriately uses diagnosis to pathologize client problems or fails to use diagnosis when needed Score: 0	Internship evaluation Item 35	Internship Instructor Review/Referral to BRC or ARC

<b>Theory and Research into Practice</b>		<b>Proficient (A)</b>	<b>Benchmark (B)</b>	<b>Emerging (C)</b>	<b>Inadequate/Fail</b>	<b>As evidenced by:</b>	<b>Evaluation and Remediation</b>
<b>Goal 4 of 6</b>							
Understands and applies interventions	Internship	Skillfully implements a range of interventions with adults Score:3	Consistently implements a range of interventions with adults Score:2 as relev.	Begins to implement a range of interventions with adults Score: 1	Fails to implement a range of interventions with adults Score: 0	Internship Evaluation 37, adult 84, child/adol 85, family	Internship Instructor Review/Referral to BRC or ARC

<b>Theory and Research into Practice</b>		<b>Proficient (A)</b>	<b>Benchmark (B)</b>	<b>Emerging (C)</b>	<b>Inadequate/Fail</b>	<b>As evidenced by:</b>	<b>Evaluation and Remediation</b>
<b>Goal 5 of 6</b>							
Able to gather client data, conceptualize and develop a treatment plan	Internship	Demonstrates high skill at completing intakes and treatment plans consistent with site expectations Score 3 on all	Completes intakes and treatment plans consistent with site expectations Score 2 on both	Fails to complete intakes and treatment plans consistent with site expectations		Internship evaluation items 31,34,38	Internship Instructor Review/Referral to BRC or ARC

<b>Theory and Research into Practice</b>		<b>Proficient (A)</b>	<b>Benchmark (B)</b>	<b>Emerging (C)</b>	<b>Inadequate/Fail</b>	<b>As evidenced by:</b>	<b>Evaluation and Remediation</b>
<b>Goal 6 of 6</b>							
Students develop treatment plans and interventions consistent with their own theoretical orientation, a critical evaluation of the literature, client mental health needs and goals	Internship	Develops well integrated treatment plans that meet client mental health needs, diagnosis, and goals in counseling	Develops treatment plans that meet client mental health needs, diagnosis and goals in counseling. Consistency with theoretical	Develops treatment plans that meet client needs, but inadequately address other areas. Score: 1	Does not develop tx plans or develops tx plans that focus on one aspect of client and or one intervention	Internship Case Presentation AND Internship Evaluation Item 40	Internship Instructor Review/Referral to BRC or ARC

in counseling, diagnosis, and best practices in the profession.		that is consistent with student theoretical orientation, evaluation of the literature, and best practices in the profession.  Score: 3	orientation, evaluation of the literature and best practices in the profession adequate. Score: 2		Score: 0		
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Clinical skill		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 1 of 5</b>							
Students develop therapeutic communications skills emphasize the client-counselor relationship with individuals and families	Internship Year /Graduation	Demonstrates high level of therapeutic communication skills, is able to develop and maintain very strong counseling relationships Score 3 on all	Demonstrates <i>good</i> level of therapeutic communication skills, is able to develop and maintain very strong counseling relationships Score 2 on most	Demonstrates adequate level of therapeutic communication skills, is able to develop and maintain adequate counseling relationships Score 1 on most	Demonstrates very low level of therapeutic communication skills, is not able to develop and maintain counseling relationships 0 on most	Internship evaluation items 41,42,50	Internship Instructor Review/Referral to BRC or ARC

Clinical skill		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As Evidenced by:	Evaluation and Remediation
<b>Goal 2 of 5</b>							
Students facilitate and manage the counseling process with individuals and	Internship Year /Graduation	Demonstrates high level of able to facilitate and manage the counseling process	Demonstrates good level of able to facilitate and manage the counseling process across	Is beginning to be able to facilitate and manage the counseling process across	Is not able to facilitate and manage the counseling process across	Internship evaluation items 44,45,46, 47, 49	Internship Instructor Review/Referral to BRC or ARC

families		across longer periods of time and across many different client populations Score 3 on most	longer periods of time and across several different client populations Score 2 on most	moderate periods of time and across limited client populations Score 1 on most	periods of time and across many different client populations Score 0 on most		
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Clinical skill		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 3 of 5</b>							
Students develop an understanding of group development, dynamics, counseling theories, group counseling methods and skills, and other group work approaches.	Internship Year	Score 3 on most	Scores 2 on most	Score 1 on most	Score 0 on most	Internship evaluation: items 63,64,65, 66	Internship Instructor Review/Referral to BRC or ARC

Clinical skill		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 4 of 5</b>							
Students develop an understanding of addiction and co-occurring disorders and counseling skills with clients with addiction and co-occurring disorders.	Internship Year	Score 3 on most	Scores 2 on most	Score 1 on most	Score 0 on most	Internship evaluation: Items 70-78	Internship Instructor Review/Referral to BRC or ARC

<b>Clinical skill</b>		<b>Proficient</b>	<b>Benchmark</b>	<b>Emerging</b>	<b>Inadequate</b>	<b>As</b>	<b>Evaluation</b>
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		(A)	(B)	(C)	te/Fail	evidence d by:	and Remediation
<b>Goal 5 of 5</b>							
Students develop an understanding of the impact of trauma on clients and demonstrate skills in trauma counseling.	Internship Year	Score 3 on most	Scores 2 on most	Score 1 on most	Score 0 on most	Internship evaluation: Items 67,68,69	Internship Instructor Review/Referral to BRC or ARC

Self as Counselor		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 1 of 5</b>							
Demonstrates awareness of their social locations and impact on their life experiences.	Internship Year/Graduation	Demonstrates high level of skill in negotiating impact of counselor social locations on therapeutic process. Score 3 on most	Demonstrates ability to address the impact of counselor social locations in therapeutic process Score 2 on most	Is able to identify multiple social locations and the impact on personal experience as well as how these impact personal and professional worldview Score 1 on most	Is unable or unwilling to explore own worldview Score 0 on one or more	Internship evaluation Items 13,57,59	Internship Instructor Review/Referral to BRC or ARC

Self as Counselor		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 2 of 5</b>							
Demonstrates ability to explore how personal experiences, thoughts, and feelings impact counseling with clients.	Internship	Demonstrates awareness of self, emotional stability, impact of self in the therapeutic	Demonstrates self awareness and emotional stability. Immerging use of self in therapeutic process, uses	Demonstrates self awareness and emotional stability. Immerging use of self in therapeuti	Student demonstrates lack of self awareness that impedes learning or client care.	Internship Evaluation Item 48B	Internship Instructor Review/Referral to BRC or ARC



		relationships, dealing with countertransference, and an understanding of need for lifelong learning Score 3	supervision to continue growth. Score 2	process, uses supervision to continue growth Score 1	Score 0		
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Self as Counselor		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 3 of 5</b>							
Maintains self care	Internship year	Demonstrates ability to maintain personal wellness to optimize professional competence. Recognizes and proactively addresses early signs of burnout.	Demonstrates ability to perform adequate self care to enhance personal wellness and ability to attend to professional responsibilities. Recognizes signs of burn out before client care is impacted. Score 2 on both	Begins to use self care plan, learns to adapt plan when needed, and seeks supervision and personal therapy as needed. Score 1 on one or more	Engages in inadequate self care that impedes learning ability or client care. Score 0 on one or more	Internship Evaluation Items 14, 24 AND  MHC 591: Self care plan	Internship Instructor Review/Referral to BRC or ARC

Self as Counselor		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 4 of 5</b>							
Demonstrates awareness of competence and limitations	Internship	Demonstrates clear awareness of competence and limitations, goes above and beyond to seek	Demonstrates clear awareness of competence and limitations, uses multiple channels to learn/grow (e.g.	Is under confident or inconsistent in awareness of limitations, unsure when to seek	Overestimates competence does not recognize limitations	Internship Evaluation Item 25	Internship Instructor Review/Referral to BRC or ARC

		opportunities for learning using multiple channels	supervisor, literature search, colleague feedback.	supervision			
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Self as Counselor		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 5 of 5</b>							
PQE Critical Items: Openness to supervision	Internship	Develops clear supervisory working alliance with faculty, supervisors and peers. Able to determine when/how to express opinions differing from supervisor and to work toward resolution. Score 3 on both	Seeks supervision from faculty, supervisors and peers. Utilizes supervision to grow and develop. Score 2 on both	Same as above Score 1 on one or more	Same as above Score 0 on more or more	Internship Evaluation Items 6,27	Internship Instructor Review/Referral to BRC or ARC

Multicultural Competence		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 1 of 4</b>							
Students develop awareness of the effect of power, privilege, and difference and their own cultural attitudes, beliefs,	Internship	Addresses impact of therapist cultural attitudes and beliefs on relationship and therapeutic process with client either	Understands how therapist cultural attitudes and beliefs may impact relationship and therapeutic process with client, begins to	Understands how therapist cultural attitudes and beliefs may impact relationship and therapeutic process	Fails to recognize how therapist cultural attitudes and beliefs impact relationship and therapeutic	Internship Evaluation Item 15,58	Internship Instructor Review/Referral to BRC or ARC

		directly with client or in tx planning as appropriate Score 3 on both	develop strategies to address impact Score 2 on both	with client with supervisor assistance. Score 1 on one or more	process with client, and impedes client care. Score 0 on both		
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Multicultural Competence		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 2 of 4</b>							
PQE Critical items: Responsibility Item 5 Students will demonstrate the ability to engage in dialogue with people who carry or hold other perspectives in ways that show respect for the other persons and other points of view. Integrity Items 3,4,5 Respect for others	Internship		Score of 2 on most	Score of 1 On most	Score of 0 On most	Internship Evaluation: Dispositions 4, 10, 11	Internship Instructor Review/Referral to BRC or ARC

Multicultural Competence		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 3 of 4</b>							
Students recognize limitations of theory and research to apply to all people and demonstrates awareness of need to adapt	Internship	Recognizes client worldview, social locations, and culture and the impact on client	Recognizes client worldview, social locations, and culture and the impact on client problems	Recognizes, with supervisor assistance, client worldview, social locations, culture and the	Fails to acknowledge client worldview, social locations, culture and the impact	Internship evaluation Items 16,60	Internship Instructor Review/Referral to BRC or ARC

to individual client worldview, culture and social location		problems, and adapts treatment accordingly. Score 3 on both	and adapts treatment with supervisor assistance Score 2 on both	impact on client problems Score 1 on one or more	on client problems Score 0 on one or more		
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Professional Identity		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 5 of 6</b>							
<b>Multicultural Competence</b>	Internship	Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
Demonstrates understanding of roles & functions of							Review/Referral to BRC or ARC
<b>Goal 4 of 4</b>							
learns health counseling strategies for working with gender and gender spectrum issues, diverse populations, ethnic and other non-dominant groups.	Internship	Score 3	Score 2	Score 1	Score 0	Internship Evaluation Item 61	Review/Referral to BRC or ARC
Professional Identity		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
<b>Goal 4 of 6</b>							
Demonstrates ability to complete a career assessment and give feedback to client in role play	Internship year	Provides career evaluation and includes career development in tx plans as regular part of planning	Addresses career issues with clients at intake, includes in tx plan as needed	Fails to consider career in tx planning		Internship Evaluation Item 39	Internship Instructor Review/Referral to BRC or ARC

Ethical Practice		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Review and Remediation
<b>Goal 1 of 1</b>							
Understands, and follows	Internship	Demonstrates a	Demonstrates an	Demonstrates an	Does not demonstrate	Internship	Internship instructor

ethical standards		strong understanding and commitment to ethical standards, recognizes ethical issues independently, demonstrates ability to recognize and remediates ethical errors with supervisor consultation. Score 3 on all	understanding of and commitment to ethical standards, recognizes ethical issues independently, recognizes and remediates errors with supervisor assistance. Score 2 on all	understanding of and commitment to ethical standards, begins to recognize ethical issues with supervision, may make ethical errors without awareness. Score 1 on one or more	has an understanding of ACA Code of Ethics, or does not recognize practical applications. Attempts to hide mistakes or lacks openness to supervision. Score 0 on any	per Evaluation 1,9,28,29,30	review. Referral to ARC.
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Research and Assessment		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Review and Remediation
<b>Goal 5 of 7</b>							
Develops and Utilizes measureable outcomes with clients supported by research literature	Internship	Develops measureable outcomes/goals, supported by the literature and within the therapists theoretical orientation	Develops measureable outcomes/goals supported by literature.	Outcomes /goals are not measureable and/or are not supported by literature	Unable to develop a tx plan	Internship Case Presentation	Internship Instructor Review/Referral to BRC or ARC

Research and Assessment		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Review & Remediation
<b>Goal 6 of 7</b>							

Students demonstrate an understanding of assessment and evaluation in mental health counseling	Internship Year	Score 3	Score 2	Score 1		Internship Evaluation : Item 36	Internship Instructor Review/Referral to BRC or ARC
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Research & Assessment		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Review & Remediation
<b>Goal 7 of 7</b>							
Students understand social and cultural factors related to assessment and ethical strategies for using assessment in mental health counseling.	Internship	Score 3	Score 2	Score 1		Internship Evaluation : Item 36	Internship Instructor Review/Referral to BRC or ARC

**Assignment Details and Grading:**

This course provides 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.

**A Note on Confidentiality:** Much of our class discussion and most of the written work you do for this class will contain information about clients. All such private information falls within our shared responsibility for maintaining its confidentiality and protecting the privacy of our clients. Guidelines for fulfilling our responsibilities in this regard include the following:

- Written materials referring to clients should either refer to them by their initials or a by a pseudonym. If the materials are copied and contain the client's name, the name should be blocked out with a black felt tip pen.
- Videotapes of client counseling sessions should be kept secure and should be erased when they have been viewed
- Classroom doors will be closed when we are discussing cases or viewing videos of actual clients.
- Written materials you turn in for review must follow confidentiality guidelines.
- NEVER, NEVER leave materials in your car unattended. Even if you are just running into a store for coffee – take your bag with materials with you. It takes 30 seconds to break a window and grab a bag and it HAS happened to our students before.
- Remember, what we talk about in the classroom **STAYS IN THE CLASSROOM!!**

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Course Requirements:

1) **Attendance:** 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 being fully prepared to present cases as assigned, being prepared 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) **Program/Internship Expectations:** 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) **Ethical Behavior:** 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) **Case Presentations:** Students are expected to do three (3) case presentations throughout the semester, using the format provided. Be prepared to discuss your conceptualization of the case and choice of treatment goals as well as additional information provided in the case write-up. While general discussion of cases can be interesting and occasionally helpful, please provide 3-4 direct points of feedback that you would like from your colleagues and myself. **Dates will be scheduled for each student. Please e-mail a copy of your brief case write-up to your colleagues and myself the day of your scheduled presentation so we can follow along during class.**

5) **Final case summary and conceptualization paper:** Using the same case presentation format provided above, prepare a more in depth client summary and conceptualization. Although this assignment is to be about a real client, **please do NOT use any client identifying data or information.** Give your client an alias clearly identified with quotation marks. Under “Treatment direction and goals” be sure to provide a clear treatment plan. You may use an actual treatment plan from your internship site, but if it differs from your conceptualization you will need to write an explanation about how you are carrying out the plan and why. This paper should be a maximum of 8-10 pages. If you reference any outside material you are required to cite it appropriately per APA style. **Due no later than December 1, 2015. You may submit your paper early if you wish.**

6) **Strengths, Goals, Theoretical Orientation Summary:** 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 no later than December 15, 2015. You may submit your paper early if you wish.**

7) **CARE form:** Complete the supervision CARE form each week and turn it in during class.

8) **Other:** Other assignments may be required as needed for optimal student development, and based on your individual needs.

9) **Individual Supervision Meeting:** Listed last, but not the least important. During the first 4 weeks of the semester you will need to schedule a ½ hour individual meeting with me during my office hours. If you absolutely cannot make my office hours we’ll see what we can do to balance both of our schedules.

Documentation required by semester end:

First semester internship students:

- Evaluation by the on-site supervisor
- Self-evaluation on same form that supervisor completes
- Fall hours summary sheet

Second semester internship students:

- Evaluation by the on-site supervisor
- Self-evaluation on same form that supervisor completes
- Fall hours summary sheet
- Site evaluation (your evaluation of the site)
- Fall hours summary sheet
- Final hours sheet (Summer/Fall)



Exit interview (anonymous, print thank you page, sign)

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, case study, and in class participation/performance. 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.

**ASSIGNMENTS TURNED IN LATE WILL HAVE 5 POINTS A DAY SUBTRACTED FROM THE TOTAL SCORE**

**Students with Disabilities/Americans with Disabilities Act:**

The Student Support Services Office, located in the Templeton Student Center, is a resource for students with disabilities. A variety of services are available through this office according to the particular needs of each student. Students interested in such services may contact Student Support Services at 503-768-7191. This contact is the necessary first step for receiving appropriate accommodations and support services. Please inform me if you need accommodations in class.