

“We are a community that commits itself to diversity and sustainability as dimensions of a just society” --Lewis and Clark Mission Statement

Lewis & Clark
Graduate School of
Education and Counseling



MCFT 526-02
Practical Skills in MCFT
SPRING 2019

Day & Time: 526-02: Wednesday, 9:00am - 12:15pm
Place: Lewis & Clark Community Counseling Center, Room 205D
Instructor: Matthew Geraths, MA, MCFT
TA's: 526-02: Heather Simpson and Carly Trombley

Office Hours: By appointment, likely to occur before or after class on Friday

Contact: matthewg@lclark.edu

Units: 3

CATALOG DESCRIPTION

Experiential learning of basic family therapy skills that provide the foundation for systemic practice. Students will also gain awareness of the overall process of therapy and learn to demonstrate ethical, appropriate professional demeanor. Issues of race, class, gender, sexual orientation, abilities, power, privilege, liberation, and oppression will be integrated throughout the course.

MCFT STUDENT LEARNING OUTCOMES

This course promotes the following MCFT program Student Learning outcomes:

SLO 2.1: Students self-reflect on the implications of own and others' social location in clinical practice.

SLO 2.2: Students' clinical practice demonstrates attention to social justice and cultural democracy.

SLO 4.2: Students provide competent service according to the AAMFT code of ethics and core competencies.

COURSE OBJECTIVES

This course focuses on developing basic clinical skills in the following areas in preparation for supervised clinical practice coursework (internship). These are informed by the American Association for Marriage and Family Therapy (AAMFT) Core Competencies, the L&C MCFT program mission, and the Association for Marriage and Family Therapy Review Board knowledge, skills, and awareness domains.

- Understand and develop specific family therapy skills (TS 1.05, 1.06, 1.07)
- Demonstrate intentional use of a repertoire of family therapy skills
- Gain a basic understanding of the overall process of family therapy
- Manage session interactions (CC 1.3.9)
- Elucidate and develop a systemic formulation of presenting problems (CC 2.3.9)

- Engage in critical self-reflection (TS 5.04)
- Identify clients' strengths, resilience, and resources (CC 2.3.8)
- Generate relational questions and reflexive comment in the therapy room (CC4.3.5)
- Reframe problems and recursive interaction patters (CC 4.3.3)
- Deliver interventions in a way that is sensitive sociocultural and power contexts (CC 4.3.2)
- Gain an increased awareness of how your personal style and implicit cultural assumptions impact and influence your interpersonal interactions and professional identity (TS 1.04)
- Recognize and demonstrate ethical, developmentally appropriate professional demeanor in preparation for practicum/clinical work (TS 05.01)
- Evaluate ability to deliver interventions effectively (CC 4.4.2)
- Utilize consultation, supervision, and feedback effectively (CC 2.5.1)
- Respect multiple perspective (clients, team, supervisor/instructor) (CC 4.5.1)

REQUIRED TEXTS

Ivey, A.E., Zalaquett, C.P. & Ivey, M. B. (2018). *Intentional interviewing and counseling: Facilitating client development in a multicultural society* (9th ed). Pacific Grove, CA: Brooks/ Cole.

Patterson, J., Williams, L., Grauf-Grounds, C., Edwards, T.M. & Chamow, L. (2018). *Essential skills in family therapy: From the first interview to termination* (3rd Ed). New York: The Guilford Press.

Video Recording Materials:

- One videotaping device per group to be brought to every class session (and group practice), ability to convert to a file on a Flash Drive (minimum of 30 min of storage) or emailed through Google Docs. IT Staff can be helpful if your group requires assistance.
- If you are turning in a Flash drive, please label it with your name. Hard copies of the transcript/critiques are required.

ADDITIONAL READINGS

At the discretion of the instructor, additional readings related to diversity, ethics, social justice and family transitions will be provided throughout the course as topics and interests arise from scenarios, role-plays, discussions, and personal reflection. Students may be asked to research journals on special topics for personal development and discussion in class.

COURSE STRUCTURE

This course is taught using multiple formats, including lecture, role-play, video, and discussions. It is highly interactive. Students will work in small groups on a weekly basis, as well as will engage in role-play exercises (both in small groups as well as in front of or with the class).

Practice Session Format

- There will be 3 stories presented in class that will serve as the foundation for practice in small groups. Each story is presented with a clip from a movie or show. The story and the clip are used to give you an idea of the characters, the setting and social locations. **The movie story is not important or relevant to the practice exercises; simply work with the short summary that instructors provide in class, the clip, your imagination and your personal experience. Make it meaningful to you.**
- There will be the same practice groups for each story & movie clip.

Choosing your character

Everyone will play a character each week. Playing out a character is about putting yourself in someone else's shoes (empathy). Thus:

- Study your character. Understand your character's physical characteristics, as well as emotional and mental state. Know the character's history by understanding the context and the time period of the story
- Communicate your character through spoken and body language
- Practice characterizing the other players in the scene. Think of how your character sees and thinks of the other characters

Videotaping

- Make sure you videotape all sessions in which you are the therapist; before you begin your practice session check that your equipment works and turn it on, you are responsible for your own recordings, transcriptions and interview analysis; develop a filing system and choose the data that fulfill the video/audio assignment per the course's syllabus.

Time keeping

- Every time there is a practice session, one person in the group should keep track of time. Part of the time should be devoted to the role play and part of the time should be devoted to providing each other feedback.
- When possible practice with each therapist for 15/20 minutes and spend 5 filling the scoring sheet and providing feedback.

Feedback

You are responsible for the content, timing and style in which you provide feedback to your peers. Be honest and mindful of the impact you have on your peer; the student who played the client is the first one to provide feedback to whoever played the therapist, others will follow afterward; be as specific as possible and stay close to the immediate experience.

- "Keeps": describe what the therapist did that was useful (content, style, non-verbal communication, use of silence, etc). What was the impact of ___? You may use the guideline provided in the syllabus.
- "Work-ons": What else could have been done? What could have been done differently? What was the impact of ___? Observations about non-verbal communication, content & style, etc.
- Use the scoring sheet provided in the syllabus to identify specific areas

The feedback that faculty and students offer is:

- Primarily descriptive (rather than evaluative)
- Specific, not general
- Integrates "keeps" and "work-ons"

ASSIGNMENTS & EVALUATION

1. Attendance, Participation, & Disposition: 15 points (15%)

- Regular attendance and active participation is expected for all classes. 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.

- Students who incur two or more absences will have their grade lowered by one full grade and will be asked to repeat the course or will fail the course.
- Students are obligated to be available to your team. If you miss a practice session or class your classmate is left without a client and may miss an opportunity to practice skills.
- Active participation is required and is an additional way for the instructor to evaluate students' learning. Participation includes the following:
 - Open discussion within the group regarding theory, content and process of the counseling sessions.
 - Disclosure of client issues for which you need assistance from the instructor and peers
 - Facilitating the growth and development of self and others by providing and accepting regular constructive feedback.
- Disposition: Supervision is a critical tool for learning about how your qualities, style and skills may facilitate or impede therapeutic relationships.
 - In order to facilitate growth in others, you must be able to accept constructive feedback about your own clinical skills.
 - A lack of openness to receiving constructive feedback and responding accordingly in a professional manner will negatively impact your development as a family therapist and your grade for this course.
 - Openness to feedback from the instructor and other class members is pertinent to the development of micro skills in family therapy.

2. Practice Sessions & Videotape Assignments: 70%

You will practice your clinical skills in a role-play format weekly. Three times during the course, you will submit a video of a session of your choice with a full transcription and analysis.

- Every practice session in class should be videotaped
- Therapy sessions may be viewed in class for feedback and evaluation, used for self-reflection, and will be used for transcription assignments during semester.
- The objectives for each session will be based on the cumulative skills for each week. Students are expected to demonstrate an understanding of the assigned skill(s), practice and demonstrate the respective skill(s) on video.
- Feedback should be demonstrated in subsequent sessions.

Each Video & Transcription Analysis will include a written critique of a transcription of videotaped interview, including an introduction to the family and summary of the entire session.

- Students are expected to use the transcription template provided.
 - This template is designed to highlight important aspects of the session and your decision making and skill development.
 - The template also contributes to increased clarity for the person grading your transcript (which increases ease and accuracy of scoring).
- The grading rubric provided to you outlines the criteria for receiving full credit on each assignment.
- You must provide alternative statements or behaviors that serve as possible improvement over what you originally said or did, as well as to demonstrate your ability to identify the various skill options you have available to you.
- You are evaluated on your ability to demonstrate an acceptable level of clinical skills presented in the course. The emphasis of this evaluation procedure will be on the *actual* demonstration of micro skills in family therapy as well as self- evaluations and peer evaluations.

Rubric Expectations and Grading Structure for Transcript Analysis and Video

- You will receive a grading rubric that will be used for all three video transcripts. This rubric identifies two professional development skills and twelve clinical skills, totaling fourteen skills.
- There are 3 grading levels for the fourteen skills: Beginning Level 1, Beginning Level 2, and Beginning Level 3.
- The expectation for demonstration of skills increases for each transcript.
 - First VT&A: Students will meet Beginning Level 2 professional skills, and Beginning Level 1 clinical skills.
 - Second VT&A: Students will meet Beginning Level 3 professional skills, and Beginning Level 2 clinical skills.
 - Third VT&A: Students will meet Beginning Level 3 professional skills, and Beginning Level 3 clinical skills.
- You must demonstrate all skills at Beginning Level 2 at a minimum in your final assignment.
 - A score of Beginning Level 1 on any item will only be acceptable on your final assignment if you receive scores of Beginning Level 3 on other items. They should average to Beginning Level 2 overall.
 - You will also not receive credit for this assignment if you receive a score of unsatisfactory on any single item (receiving no points in a clinical skills category, and receiving Beginning Level 1 in professional skills).

At the end of the term, a final rubric will be submitted to your permanent student file and will be reviewed to determine your readiness to enter practicum. This final rubric will be a summary of your highest scores from your three V&TAs. Your instructor will review this rubric with you as well as incorporate your feedback on your own self-identified competency in each skill category.

Details for each video & transcription are the same, though the length of time and transcription will change. See details below.

First Video & Transcription Analysis: 32 points (10%)

20-25 consecutive minutes of session
15 minutes of transcription

Second Video & Transcription Analysis: 54 points (30%)

****Use a session taped after first video assignment**
30 consecutive minutes of session
30 minutes of transcription

Final Video & Transcription Analysis: 66 points (30%)

****Use a session taped after second video assignment**
30 consecutive minutes of session
30 minutes of transcription

3. Initial Interview and Reflections: 15%

Initial Interview Script: 5 points (5%)

- Using chapter 3 in Patterson create a 2-3 page script for the first few minutes of your initial interview with clients. Include:
 - Warm up comments/questions,
 - Pertinent issues of informed consent,
 - Relevant clinic or private practice considerations.

Midterm Cultural Reflection: 5 points (5%)

- A 2-3 page paper will be due at the middle of the semester. This paper will include a description of two or three experiences you intentionally partook in to get familiarized with your character. Get creative during the semester and take risks! (smart, legal, relevant, healthy risks please)

Final Self Reflection: 5 points (5%)

- A 2-3 page paper will be due at the end of the semester. This paper will serve as a global assessment of your skills and areas for growth. This will serve as a learning contract and will be placed in your permanent student file.
- Write a self-reflection of the semester focusing on your counseling skills including:
 - Changes in your counseling style over the course of the semester including detailed exploration of what might account for differences in your
 - (a) counseling style, such as client’s race, ethnicity, age, religion, gender, sexual orientation, and
 - (b) content issues, such as, was the topic similar or dissimilar from your own life, did the topic hit your hot button, etc.
 - Address your readiness to move forward in as a therapist in training in the MCFT program
 - Strengths and weaknesses, and plan for future development of skills

Grading:

Participation, Attendance & Disposition:	15%
Initial Interview / Reflections:	15%
Videotape & Transcription Assignment 1:	10%
Videotape & Transcription Assignment 2:	30%
Videotape & Transcription Assignment 3:	30%

 Total: 100%

****Late assignments will lose 10% of your grade each day that they are late****

****Assignments will not be accepted more than two days late****

The grading system used by Lewis & Clark College will be used for final grades:

- A = 93-100% (169-182)
- A- = 90-92% (163-168)
- B+ = 88-89% (160-162)
- B = 83-87% (151-159)
- B- = 80-82% (145-150)
- C+ = 78-79% (142-144)
- C = 73-77% (133-141)
- C- = 70-72% (127-132)

A FAIL grade will be given if:

1. You miss more than 2 class sessions or if you fail to make-up a maximum of missed sessions.
2. You minimally participate in class discussions on a regular basis. You offer very little constructive feedback to other students in the class.
3. The transcription of your videotaped session is poorly done or not representative of micro skills in counseling. Your critical analysis is merely descriptive in nature rather than evaluative and does not demonstrate any real understanding of what you as a counselor did correctly, incorrectly, or could have done instead.
4. You receive too many scores of Barely Passing and not enough scores of Outstanding; they should average to adequate overall. You will also not receive credit for this requirement if you receive a score of unsatisfactory on any single item.

Format & Importance of Written Assignments: All written submissions for this course should be typed, in 12-point, Times New Roman, and double-spaced with one inch margins. Attention to writing style and expression is important. The ability to express yourself and think critically through writing is an important skill in your professional development. Thus, please proof read your writing and be coherent with your writing style.

Academic Honesty:

Any deliberate borrowing of the ideas, terms, statements, or knowledge of others without clear specific acknowledgement of the source is intellectual theft and is called plagiarism. It is not plagiarism to borrow the ideas, terms, statements, or knowledge of others if the source is clearly and specifically acknowledged. Students who consult such critical material and wish to include some of the insights, terms or statements encountered must provide full citation in an appropriate form. Collaboration in studying and preparing for tests, papers and presentations is acceptable. However, all work submitted must be clearly reflective and distinctive of each individual's work. Plagiarism will result in a grade of zero (0%) on the assignment and a failing grade for the entire course. Further academic sanctions may also be taken.

Non- Discrimination Policy:

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

Special Assistance:

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (x7156). After you have submitted documentation and filled out paperwork for the current semester, requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.

COURSE SCHEDULE
****Subject to change by instructor****

Class Schedule

9:00-10:15 pm Didactic
 10:15-10:30 pm Break / Set Up
 10:30-12:15 pm Role Plays

WEEK / DATE	TOPIC	READINGS & ASSIGNMENTS DUE
Week 1 Jan 9, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> - Course overview - The Beginning Family Therapist - Intentional Interviewing <p>Family Introduction: The Gallaghers (“Shameless”, Season 1)</p> <p>Interactive (Whole Class): Yes, And (Improv Exercise)</p> <p>Interactive (Assigned Groups)</p> <ul style="list-style-type: none"> - Create family - Identify presenting problem - Define practice schedule 	<p>Reading: Patterson <i>Chapter 1</i></p> <p>Ivey <i>Chapter 1, pgs 3-19</i></p>
Week 2 Jan 16, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> - Ethics, Multicultural Competence, & Wellness - Examining Power, Privilege, & Oppression - Conducting Assessment (Initial Interview) - Attending and Empathy Skills <p>Interactive Recommendations:</p> <ul style="list-style-type: none"> - Practice initial interview script with family while in role play 	<p>Assignment Due: Initial Interview Script</p> <p>Reading: Patterson <i>Chapter 3</i> <i>Chapter 4</i></p> <p>Ivey <i>Chapter 2, pgs 27-43</i> <i>Chapter 3</i></p>
Week 3 Jan 23, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> - Observation Skills - Opening Communication & Interventions - Questioning From a Family Systems Perspective - White Supremacy Culture and White Fragility <p>Interactive Recommendations:</p> <ul style="list-style-type: none"> - If not yet achieved, ensure that you have identified your video for your V&TA due next week 	<p>Reading:</p> <p>Ivey <i>Chapter 4</i> <i>Chapter 5</i></p> <p>Okun <i>White Supremacy Culture</i> (PDF) (provided via email)</p>

		DiAngelo: <i>White Fragility</i> (PDF) (provided via email)
Week 4 Jan 30, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> - Gender and Sexual Orientation - Treatment Focus - Basic Treatment Skills and Interventions <p>Family Introduction: The Hummels and Hudsons (“Glee”, Season 1)</p> <p>Interactive Recommendations:</p> <ul style="list-style-type: none"> - Create family - Identify presenting problem 	<p>Assignment Due: First V&TA Assignment</p> <p>Reading: Patterson <i>Chapter 5</i> <i>Chapter 6</i></p>
Week 5 Feb 6, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> - Active Listening - Reflecting Feelings 	<p>Reading: Ivey <i>Chapter 6</i> <i>Chapter 7</i> <i>[Ivey ch 8 is suggested but not required]</i></p> <p>Pandit: <i>Sociocultural Attunement</i> (PDF) (provided via email)</p>
Week 6 Feb 13, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> - Empathic Confrontation - Focusing: Context and Story - Reflection of Meaning - Interpretation/Reframing <p>Interactive Recommendations:</p> <ul style="list-style-type: none"> - By the end of today, each therapist should have had practiced at least 30 minutes with this family at least twice. 	<p>Reading: Ivey <i>Chapter 9</i> <i>Chapter 10</i> <i>Chapter 11</i></p>
Week 7 Feb 20, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> - Self Disclosure - Influencing Skills - Skill integration - Co-constructing Stories <p>Interactive Recommendations:</p> <ul style="list-style-type: none"> - If not yet achieved, ensure that you have identified your video for your V&TA due next week 	<p>Reading: Ivey <i>Chapter 12, p 290-295</i> <i>Chapter 13</i></p>

Week 8 Feb 27, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> - Working with Families & Children - Working with Older Adults/Caregivers -Communication Among Family Members -Joining with Multiple Members of the Family <p>Family Introduction: The Andersons (“Akeelah and the Bee”)</p> <p>Interactive Recommendations:</p> <ul style="list-style-type: none"> - Create family - Identify presenting problem 	<p>Assignment Due: Second V&TA Assignment</p> <p>Reading: Patterson <i>Chapter 7</i> <i>Chapter 8</i></p>
Week 9 March 6, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> - Working with Couples - Deescalating Conflict 	<p>Reading: Patterson <i>Chapter 9</i></p>
Week 10 March 13, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> - Getting Unstuck - Working with Mental illness 	<p>Assignment Due: Midterm Cultural Reflection</p> <p>Reading: Patterson <i>Chapter 10</i> <i>Chapter 11</i></p>
Week 11 March 20, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> - Integrating Skills - Determining Personal Style <p>Interactive Recommendations:</p> <ul style="list-style-type: none"> - It is highly recommended that you attempt to obtain your third video for you V&TA. The third V&TA is the most time consuming assignment of the three! 	<p>Reading: Ivey <i>Chapter 14</i></p>
Week 12 March 27, 2019 *No Class*	<p>SPRING BREAK!</p> <p>Practice is recommended, self-care is required!</p>	
Week 13 April 3, 2019	<p>Didactic:</p> <ul style="list-style-type: none"> -Termination <p>Interactive Recommendations:</p> <ul style="list-style-type: none"> - If not yet achieved, ensure that you have identified your video for your V&TA due next week 	<p>Reading: Patterson <i>Chapter 12</i></p>
Class 14 April 10, 2019	<p>Didactic: Special Topics [Class Request / Instructor Choice]</p> <p>Interactive: Musical Chairs: Whole Class Rotating Role Play</p>	<p>Assignment Due: Final V&TA Assignment</p>

Week 15 April 17, 2019	*Class Potluck* Didactic: - Video clips presented for reflection of student growth - Individual student meetings (final rubric)	Assignment Due: Self-Assessment Paper
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